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AMERICAN

SURVIVAL.

MAY 1986 VOL. 8 NO. 5
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THE MAGAZINE FOR SAFER LIVING

GUIDE



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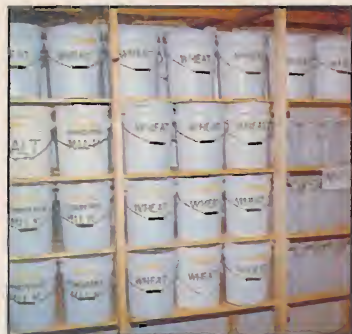
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COVER:

A bowhunter, after carefully tracking his prey, is ready to shoot it. Stalking is an important survival skill. See page 54 (Photo by Ed Chaffin). Inset: FIE Para and GR-8 .22s. See page 52.

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MAIL CALL

Anti-Gun Propaganda

In response to the "anti-gun propaganda" segment of "Survival Line" in the November 1985 issue, Handgun Control Inc. claims that U.S. production of rifles and pistols is down due to their efforts and 20,000 local gun laws. That statement is a lot of nonsense. U.S. gun production is down due to several reasons. First, about five years ago there was a paranoia through the country and everyone overstocked on rifles and pistols. Now a better sense of security through a different government has caused lots of people to sell off some of the extras. Also, American made guns, with exceptions, have had a lack of quality control and imported guns have had better quality and a heck of a lot lower price. I think these reasons offer a better explanation than the one given by Handgun Control Inc. Don't give them credit for hurting the gun sales. It only gives them more excuses to continue.

Robert L. Kienietz
Canon City, Colorado

We didn't think we were giving them credit for a drop in U.S. gun production by merely passing along their statements, Robert. And just because they make this claim and we printed it doesn't mean we believe it. We merely wanted readers to know what Handgun Control Inc. is saying. Thanks for your views.

Economic Breakdown

Your response to the letter in your "Mail Call" section in the January 1986 issue ("Hitting Home"), in which the writer anticipates a national economic collapse, almost blew me off the couch! Please realize that the underlying factors of today's economic/financial situation are radically different from those of '28, '29, and the subsequent "Great Depression." True, we survived that period of crisis, but the chances of surviving the upcoming economic mess are far less, for the simple reason that the structures holding things together back then are no longer present. You say, "We are hopeful that the problems facing our financial institutions today can be worked out." What is your hope based on? I feel you are essentially refusing to see the facts that exist, despite a liberal-oriented desire to have those facts go away.

You hope that "the problems can be worked out." By whom? The very same financial institutions that created the problems? By the government that has supported those institutions over the years in their shenanigans and evasions of economic rules? By the "brightest and smartest" men who have migrated to Washington, D.C., motivated by their awareness that there were large amounts of wealth to be had by aiding and abetting the shenanigans? There is literally no one, anywhere, who has the desire or the power to "work out" the problems.

Denny Evans
Medford, Oregon

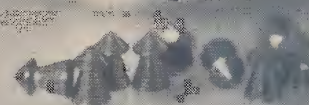
We're puzzled by where your economic knowledge comes from, Denny. What makes you such an expert on world or national economic affairs that you can be so certain of impending economic doom? You say the "structures holding things together back then (during the Depression) are no longer present." What do you mean? In fact, there were numerous laws passed and institutions created after the Depression precisely to deal with the crisis and to insure that the financial abuses that led to the Depression would not recur. Of course, the situation today is much different than in 1929. Indeed, there may be a large-scale economic collapse, which we said in our answer to the reader you refer to. We can't say. But we haven't noticed our local banks closing down yet. Last year was another record year for bank failures and there have been larger-scale crises, such as in Ohio. But we're not convinced the entire economy will follow suit. All this is, to be sure, of little comfort to the thousands of people across the land who've lost money in bank and savings institution failures, and we don't mean to minimize the magnitude of the financial problems out there. But we do believe it is quite possible that this country would survive another large-scale economic crisis just as it survived the Great Depression. Economic collapse may occur and survivalists should prepare for such a possibility as they would for any other catastrophe. But we don't see things being as bad as you do.

Praise for SI

I would like to comment on the November

Continued on page 14

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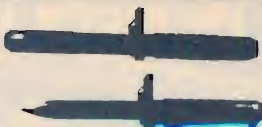
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IN 1938 Orson Wells caused a panic throughout the U.S. with his radio broadcast of "The War Of The Worlds." Recently in Finland a radio broadcast of the award winning play "The Next War—An Imaginative Documentary" had much the same effect. The play chronicles the escalation of tensions and the first nuclear exchanges between the Soviet Union and the U.S. Despite announcements during the broadcast that what they were hearing was only a dramatization, thousands of panic stricken Finns flooded the radio station and police and government offices with calls requesting information and survival instructions.

Soviet SDI—While the Soviet Union continues to marshal all its propaganda machinery in efforts to end President Reagan's SDI program, it at the same time continues to move ahead with its own SDI program.

In an effort to increase U.S. public awareness of Soviet SDI efforts, the Defense Department and the State Department have cooperated in the release of a booklet entitled *Soviet Strategic Defense Programs*. In its 30 color illustrated pages, the booklet details the many efforts the Soviets are making in this field. The booklet is free and can be had by writing to: Department of Defense, Public Correspondence Division, DISA-OASD (Public Affairs), The Pentagon 2E777, Washington D.C. 20301-1400.

Weather Toll—Statistics released by the U.S. Weather Service provide graphic evidence that those who share the survivalist belief in preparedness should not ignore the threat of weather related natural catastrophe. During 1985, 374 people throughout the U.S. were killed in weather related incidents. Floods took the greatest toll in lives—166, followed by tornadoes—92, lightning—74, hurricane—30, and miscellaneous causes (thunderstorms, high wind, etc.)—12. 1985 was the worst year for weather related fatalities since 1974.

Fight'n Machine—The U.S. Army is raising the physical fitness standards on the semi-annual test required for all troops. Under the old standards a male aged 17 to 21 had to do a minimum of 40 pushups, 40 situps, and run 2 miles in under 17 minutes 55 seconds, in order to pass. Women in the same age group needed 16 pushups, 27 situps, and a time of no more than 22 minutes 14 seconds for

the 2 mile run. The new standards will require for men: 42 pushups, 52 situps, and a maximum time of 15 minutes 45 seconds in the 2 mile run; for women: 18 pushups, 50 situps, and completion of the 2 mile run in under 18 minutes 45 seconds.

Terrorism—Two Approaches—Senior U.S. military authorities in Europe have announced the formation of 16 special medical teams intended to care for casualties of terrorist incidents. Creation of the special response medical teams was prompted in part by the problems that arose in handling casualties from the bombing of the U.S. Marine barracks in Beirut in 1983.

According to sources in Britain, the recent abduction of Soviet diplomats in Lebanon was dealt with by the Soviets in a rather direct fashion. When four Soviet diplomats were abducted and one of them executed the KGB reportedly returned the favor by kidnapping twelve Lebanese extremists and executing one of them. The KGB then dumped the body along with the message that the other eleven hostages would be executed one at a time if the Soviet diplomats were not returned. A short time later the remaining Soviets were released unharmed.

Nuclear Free Zone Fallout—The anti-nuclear movement, much weakened of late, is none the less still active. One of the disarmament lobby's pet projects, the creation of "nuclear free zones," has become more of a concern to local officials than to national policy makers.

There are now 104 cities and counties in the U.S. that have declared themselves "nuclear free zones." This status generally forbids production, storage, or transportation of nuclear weapons or components within the "nuclear free" jurisdiction. Often included is a prohibition against local governing authorities doing business with any companies involved in nuclear weapons work. This last provision has led to some bizarre problems. In Hoboken, New Jersey, for instance, the city fathers are wondering how to keep the lights on, since all the bulb manufacturers also do work on nuclear weapons. Also in Hoboken there is doubt as to the legality of buying spare parts for police radios since the Motorola corporation is involved in nuclear weapons work. In other "nuclear free" cities, the legality of medical research that uses radioactive materials is being questioned. ●



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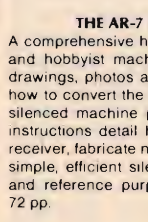


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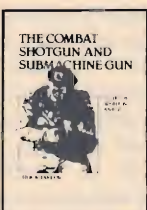
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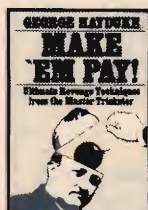


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TO THE POINT

Refined, processed foods: avoid them whenever possible . . .

I WENT out with some friends to eat lunch the other day. We went to one of the local eateries near where we all work. It was a nice little restaurant, as these places go.

When we ordered, I decided on a turkey and provolone cheese sandwich. The food was served and mine came with two large slices of white French bread, processed turkey roll slices and cheese slices, mayonnaise, tomato slices and lettuce. There was also some macaroni salad and a couple of slices of carrot on the side.

I was hungry, not having taken the time to eat a good breakfast that morning, as is the case with many working people on a typical day. The sandwich tasted great and filled me up. I was able to put in a good afternoon of work and did not feel very hungry later that evening at dinner time. This kind of midday meal is something millions of Americans eat every day.

I've been going out to lunch and eating meals like this more often in recent years—mainly for the convenience and the need for a little sustenance to get me through the work day. I know this fast food is not really healthy—for me or anyone else. And yet, such food is just about all that's available at so many restaurants and delis across the land.

What's wrong with the meal I ate? For one thing, it's very fattening. I mean that French bread with its refined, processed white flour—that's concentrated carbohydrates stripped of the nutrients you need to convert those carbohydrates to energy and burn them off. Then there's the mayonnaise. No doubt there was sugar in it and a lot of oil and some preservatives and salt. There was likely a lot of salt and sugar in the processed turkey, not to mention sodium nitrate preservative which has been found to cause cancer in laboratory animals.

Now, if this stuff is so bad for you, why is it sold everywhere? Why is this the only type of food available at many restaurants and delis? Well, this stuff is much cheaper than more nutritious food and it keeps longer. Thus it's more profitable to use—profits are the bottom line. It's as simple as that. Of course it also tastes good and many people prefer it, too.

In my early 20s, when I was just beginning to seriously study nutrition in hopes of relieving some health problems I was suffering from, I began to read extensively on the evils of "killer sugar" and the ubiquitous white flour. I got more and more concerned about my—up to that point—bad diet, realizing I had virtually grown up on this kind of food.

To my friends and acquaintances I must have appeared at least a little fanatical when I began to refuse to go out for a bite to eat at a restaurant. In fact, for a time I refused all together to eat in *any* restaurant, not trusting the food ingredients or the hygiene of the food handlers. Needless to say, this attitude did not do wonders for my social life, and I eventually gave in and conformed to what was considered "normal" behavior and resumed eating out.

Today, looking back at what I did, I realize I was quite correct in my thinking. I have continued to avoid restaurants—most of them anyway—whenever possible, taking time to eat a good homemade meal before rushing off to work in the morning and taking my own food to eat at lunch when working, if possible. I think on the whole that I am healthier because of this. Still, it's not always practical to eat only your own food. You run low on groceries and don't have time to restock, you get up late and rush off without eating or forget to bring your lunch, etc.

So once in a while, more often these days than years ago, I got out to a local eatery and chow down on what I can pick out on the menu that appears to be more nutritious than some other items listed.

It's not good to be such a fanatic that you never compromise. Often it's better to be able to accomplish your work tasks on a full stomach than to go hungry and perhaps see your work suffer. The important thing is to eat good quality whole foods whenever possible.

Try to get the best nutrition from your foods possible. Seeking variety and moderation in one's diet is a good policy. And try to eat whole, unprocessed, unrefined foods as much as possible. Stay away from high fat, high sugar, high salt foods—these are usually the most refined and processed foods.

If you're serious about improving your health, you'll see a difference if you switch to whole grains, fruits and vegetables, dairy products and meats, fish and poultry products. Vitamin and mineral supplements can be very beneficial also if taken carefully in accordance with the U.S. Recommended Dietary Allowances (RDA) and not used as a substitute for good foods.

If you want to be healthy, survive, overcome problems and prosper in this highly demanding, complex and stressful world of ours, pay attention to your diet—it can make a world of difference in your health—*Jim Benson.*

Unpredictable Occurrences:

Lifekit

*A personal insurance policy,
should the occasion of need arise . . .*

Staff Evaluation



LEFT—No larger than other outdoor essentials, the LIFEKIT fits easily into a pocket or pack.

ABOVE—The contents of the LIFEKIT can be useful in a wide range of outdoor activities.

SURVIVAL KITS are the outdoorsman's personal insurance policy. Should the occasion of need arise, the contents of such a kit can provide a hedge against unpredictable occurrences. If, however, we were asked to pack all of the equipment necessary for survival under all conceivable circumstances, more than likely it would take a container so large as to render the kit completely useless.

Portability is the key word, when it comes to the overall design of any survival kit. The contents of such a kit should be useful in a wide range of situational demands, yet fit into a pocket size storage container.

The new "LIFEKIT," by LIFEKNIFE, Inc., the people who also make the "LIFE-KNIFE," is just such a functionally designed product. The LIFEKIT is so compact and sleek that you will never leave it at home.

One of the most striking features of the LIFEKIT is the rugged aluminum container with stainless steel fasteners that makes this kit both air and water tight. Resealable, so that you can add your own personal survival items, this is one kit that has room for expansion. The aluminum container can be used for cooking, carrying water, signaling and storage.

The unique stainless steel fasteners require no delicate manipulation or manual dexterity. A child or even someone that has suffered loss of finger movement can

still easily open and close this kit. When sealed, however, the rubber gasket in the lid makes the kit so impervious to moisture intrusion that it floats when placed in water.

While the container may be nifty, it is what the container holds that makes this little kit so useful. Compass, wire saw, matches, fishing kit with "cam action" hooks, snare/utility wire, needles, antibiotic cream, butterfly closures, bandages, aspirin, salt tablets, scalpel blade, tourniquet, disinfectant, antiseptic, collapsible water container, energy bar, and tea are all sealed within this five-ounce, 12.75-cubic-inch package. There is even a separate, removable storage compartment inside of the LIFEKIT that can be used to hold the smaller items such as hooks, line, split shot, needles, and a supply of matches.

Many survival kits are so fragile as to be impractical in a hostile situation. Others require additional sealing to be water tight and some are contained in fabric covers that provide little protection for the contents. What the LIFEKIT does provide is well thought out, designed to assist you in a wide range of emergency situations, and it is packaged in a light, tough container.

LIFEKIT is available from LIFEKNIFE Inc. Dept. ASG, P.O. Box 771, Santa Monica, CA 90406, and selected sporting goods dealers and backpack shops. The LIFEKIT retails for \$19.95. ●

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Rimfire Test:

Anschutz Woodchucker

This compact, rimfire import just may be the prefect survival/sporter.



ABOVE—The Woodchucker's accuracy improved considerably with the addition of a Williams FPGR receiver sight. This 10-shot, 25-yard group with Remington Vipers shows fine small game potential.

RIGHT—The diminutive size of the rifle would make it a perfect choice for backpackers.



THE CONCEPT of a .22 rifle for survivalists is not a new one. A rimfire for foraging purposes makes a lot of sense—certainly more so than a high-powered rifle. The rationale here is that a .22 is probably better suited to shooting deer at short range than a .308 would be for knocking off quail, rabbits, and squirrels. A high-powered hunting arm, for food gathering purposes, is rather limited.

Over the years we've seen the Charter Arms AR-7, the Remington Nylon 66, the Springfield Armory M6 Scout, and the Savage Model 24, touted as "survival" arms.

The AR-7 and the Nylon 66 are semi-autos, while the other two are single shot, break-open combination guns. All are modestly priced and reliable.

There are some who would prefer a bolt-action repeater as a .22 hunting/foraging arm, and this particular bias is not without merit. Bolt actions do have certain advantages over other action types. They're generally less prone to malfunctioning than an auto, although most current .22 autos are quite reliable. If a box magazine is lost, or a tube magazine is bent, a bolt action can function fairly well as a single shot—more so than an auto. Some of the newer bullet styles—such as the Remington Yellow-jacket's "Truncated Cone" loads can create feeding problems in an auto. A bolt

action, with its positive manual camming action, generally has a better chance of handling a wider range of bullet styles.

One other area in which a bolt-action rimfire is usually superior is in the trigger pull—which is usually superior to most autos—and certainly better than break opens with external hammers such as the Springfield and Savage.

Multi-purpose superlight "survival rifles," are certainly nifty, appealing and easy to sell, yet, the primary purpose of a rifle is to *hit* a target, and the main employment of a rimfire rifle is to hit a *small* target. Whether or not the rifle in question is capable of withstanding immersion in salt water for 20 years or is capable of folding up to fit in a wallet should be of secondary consideration.

Anyway, we've always been on the lookout for a compact, reliable .22 bolt action repeater, so when we first saw the Anschutz Woodchucker, we knew we had to get our hands on one. The brand name, we must confess, was what originally attracted us to the rifle. That company's top-of-the-line .22 sporters have been long acknowledged as some of the most accurate, well-made rimfires in existence. The quality is reflected in the price of the premium models—which range from 350 on up to around 700 bucks. At first glance, it seems that Anschutz doesn't have much interest

in the "utility gun" concept.

When we saw the price on the Woodchucker, we were more than a bit surprised. This little German import is being brought in by RSR Wholesale Guns (P.O. Box 27009, Orlando, FL 32867) and retails for around \$130. What's even more interesting are its dimensions. It has a 16¼-inch barrel, a 32¼-inch overall length, and a "whopping" 3 pound, 4 ounce weight. Pretty compact, no? As for the price, there may be less expensive .22 turnbolts around, but it's doubtful if any of them are in the class of this one.

Our test sample arrived in two pieces—stock and barreled action. The rifle takes down quickly by means of a single forend screw, and would fit easily into a pack. The stock, while attractive is walnut-finished hardwood—devoid of any checkering at all. It was supplied with a 5-shot box magazine, although there is a 10-shot version available. The rear sight is a simple step adjustable open affair with a U-notch. The front sight is a hooded post. It's a sturdy enough arrangement, to be sure, but one that isn't really capable of bringing the best out of the rifle.

The obvious solution would be to stick a scope on the grooved receiver, but we decided against doing anything that would screw up the trim lines, and compact character of the rifle.

As a compromise, we stuck on a

Williams FPGR receiver sight. This is an excellent aperture peep affair that can be mounted directly onto a grooved receiver without drilling or tapping. We were forced to mount it in front of the action because of bolt clearance problems, but the sighting radius difference on the little rifle wasn't really big enough to matter much. We simply screwed out the target disc and were left with a nice big aperture that struck an excellent compromise between speedy target acquisition and precision.

The FPGR sight, incidentally, is fully adjustable for windage and elevation in positive increments. It beats the hell out of drifting an open rear sight for windage, and provides a far better sight picture than anything short of a scope.

Shooting the Woodchucker was quite a bit of fun. The trigger pull was excellent, a crisp 3½ pounds with just the tiniest bit of take-up. At 25 yards, using Remington's hyper-velocity Viper ammo, we got 10-shot groups of around an inch and a half. If you threw out 3 flyers on one of 'em, seven shots practically fell into one ragged hole. At 50 yards, the 10-shot group had barely spread out to around 1¼ of an inch. That's pretty good shooting—and a pretty good endorsement of the rifle/sight combination.

The rifle was "new gun sticky" for about the first 50 rounds, and then settled down

to flawless feeding and ejection. Our only malfunction occurred when attempting to remove the magazine, we yanked the plastic base off, and were treated to an "instant disassembly," with springs and floorplate doing a "bombs away" on the bench. That heavy plastic base fits on the bottom of the magazine by means of a mere tongue-and-groove arrangement—and while it's quite easy to disassemble for cleaning purposes, we'd be happier with something that came apart a little more reluctantly.

We were very pleased with the Woodchucker. It is a first-rate choice for a small-game/survival tool. If this rifle had a compact, adjustable peep sight built on, and was supplied with a synthetic stock, it'd give a lot of "survival .22s" a run for their money. ●

ANSCHUTZ WOODCHUCKER TECH SPECS:

Caliber	.22 Long Rifle
Action	turnbolt
Capacity	5, 10
Barrel length	16¼ inches
Overall length	32¼ inches
Weight	3 lbs. 4 oz.
Sights	step adjustable open rear, hooded post front
Stock	walnut-finished hardwood
Importer	RSR Wholesale Guns P.O. Box 27009 Orlando, FL 32867
Retain Price	Approx. \$130

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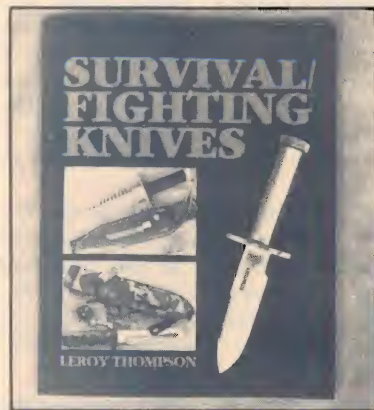
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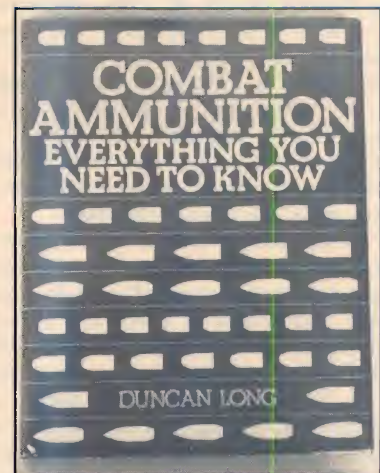
BOOK REVIEWS



Survival/Fighting Knives, by Leroy Thompson; Paladin Press, Dept. ASG, P.O. Box 1307, Boulder, CO 80306; (303) 443-7250; 101 pages, softcover; \$14 plus \$3 postage and handling.

This book is meant as a guide to the reader for deciding which type of knife would best suit his or her needs. "I make no claim to the completeness of this book," the author states. "On the contrary, though I've tried

to evaluate a number of knives, I've stuck to those with which I've had firsthand experience (with a few exceptions) and which I know to be of acceptable quality and design." Nevertheless, there are quite a few knives covered and the book is illustrated with more than 80 photographs. Thompson, who has taught hand-to-hand combat to special operations military units, knows his subject. There are chapters on the knife as tool and weapon, utility and general purpose knives, commercial and custom-made hollow-handle survival knives and substitutes, survival knives and kits, folding and general-purpose blades, fighting knives, street survival knives and a list of knife makers. Many of the world's most famous fighting knives are shown and discussed as are many of the top hollow-handle and full-tang survival knives, even the highly useful Swiss Army Champion by Victorinox. You can read about Al Mar, Applegate-Fairbairn, Bali-Song, Buck, Cold Steel, Gerber, Ka-Bar, Lifeknife, Randall and other cutlery. This is most enjoyable reading and a good reference source for knife enthusiasts.



Combat Ammunition, Everything You Need To Know, by Duncan Long; Paladin Press, Dept. ASG, P.O. Box 1307, Boulder, CO 80306; (303) 443-7250; 127 pages, hardcover; \$19.95 plus \$3 postage and handling.

To win against an enemy in combat involving firearms you need a reliable firearm

"Deafness is something you put beside you not in front of you."

LINDA BOVE / ACTRESS

Linda Bove performed with The National Theatre of the Deaf for nine years. She has also starred in the Tony Award winning show, *Children of a Lesser God*.



Believe in them. Break the barriers.

PRESIDENT'S COMMITTEE ON EMPLOYMENT OF THE HANDICAPPED, WASHINGTON D.C. 20210

PRODUCED BY THE SCHOOL OF VISUAL ARTS PRESS LTD

and the right ammunition, says the author, a respected authority on survival and a regular contributor to this magazine. And this book tells you just about everything you'd like to know about different types of factory and custom-made ammunition you can use in your weapons, be they rifles, pistols, shotguns or sub-machine guns. Chapters include discussions of ammunition requirements in combat situations, a brief history of ammunition, reloading equipment, data and instructions for many different rounds in rifles, pistols, shotguns and submachine guns, "Advanced" pistol and rifle ammunition, how to custom-make bullets of your choice, even how to do this from scratch "when the stores are closed." The book also has appendices listing manufacturers, ballistics tables, wind-deflection tables, conversion formulas and ballistic tests. Read about the author's choices in commercial ammunition for different calibers, such as Winchester Silvertips or Glaser Safety Slugs, how to make shotgun slugs and armor piercing bullets, and much, much more. This book is a must for anyone interested in ammunition.



Tuning Your Compound Bow, by Larry Wise; Target Communications, Dept. ASG, 7626 W. Donges Bay Rd., Mequon, WI 53092, (414) 242-3990; 66 pages, paperback; \$8.95 ppd.

Larry Wise is one of this country's top professional archers and a former teacher who has conducted numerous seminars on compound bow tuning. Starting with a pre-test for bow tuning and glossary of terms, the book progresses through chapters on pre-use bow preparation, draw stroke of the compound bow, "shooting from the valley," power stroke of the compound bow, the fine-tuning process, and shoot testing. There is in-depth coverage of measuring your draw length, arrow rest selection, draw weight adjustment, the force-draw curve, wheel functions, limb deflection, fine tuning, checking fletch clearance, paper testing and flow chart use, test shooting target points, field points and broadheads, and setting your own accuracy goals. There's something in this book for anyone interested in archery, but it is really a reference and guide for the archery enthusiast and bowhunter. ●

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Continued from page 5

1985 issue's article on survival catalogs. The article rated SI (Survival Incorporated) as a "2" or "average coverage" on food. This is not true. They should have received a "4" or "special attention." SI not only has an equipment catalog, but they also put out monthly catalogs containing new products and a wide selection of survival food. I think ASG readers could really benefit from the low cost, long term storage survival foods SI offers. Their monthly specials have saved me a lot of money, and their meats are about half the cost of Mountain House.

S.R. Price
Oxnard, California

The "2" or "average" rating given SI in the catalogs article was the rating chosen by the author. We did not agree with all of his ratings and we tend to agree with you on this one. We also find SI's monthly catalogs chock full of bargains and quality products and recommend them to anyone interested in survival. By the way, SI has moved. Their new address and telephone number: SI, 18239 South Figueroa St. Gar-

dena, CA 90248; (213) 324-8855.

COD Orders

I have read your magazine, off and on, for several months and have noticed that some of your advisers do not accept COD orders. That is their choice, of course, but they are definitely eliminating orders from me. I was once taken for over \$1,100 by a mail order company which wanted the money in advance. It won't happen again! You might pass the word on to your advisers: they might want to change their policies. If there's one of us, there may well be many! And I definitely have money to spend!

Charles H. Lincoln
Elizabethtown, North Carolina

Well, they can read your letter, Charles, but we doubt the advertisers will alter their COD policies. We're sure that plenty of them have been burned by returned COD orders and bad checks. We see both sides of this issue and we sympathize with you, but we wouldn't try to tell our advertisers how to run their businesses.


Bad Doggies

I would like to ask ASG for advice on a problem I face. My new profession often requires me to deliver articles to customers' houses. But I can't stand to face dogs that are determined to bite me. I carry a dog spray with me but sometimes both of my hands are carrying articles and my movement is restricted. Due to company policy I have to restrain myself from injuring these bad doggies as much as possible. I have heard of an electronic gadget which sends high-pitched sound and sends dogs running off. Where can I get one? What do you recommend?

Name Withheld
San Antonio, Texas

We understand the device you mentioned is sold at some pet stores. Check with these stores. You might also consult, if possible, with professional dog handlers and/or veterinarians about how best to deal with the problem. There may also be articles and books on the matter at well stocked libraries and bookstores. ●

BRASS CATCHERS



NO SWINGING BAG TO SPOIL YOUR AIM

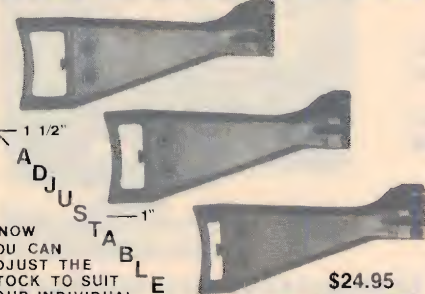
AK-47/AKM/AKS	AR-15/M-16	*REMINGTON 1100
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SNAP ON - SNAP OFF INSTANTLY

NEW ITEM

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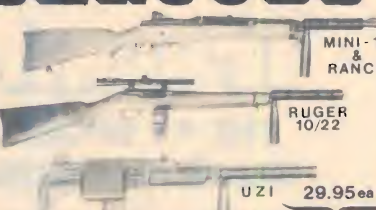


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\$24.95

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THE LEADER IN SURVIVAL FOOD
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SI

Israeli Gas
Mask Special
CBW EFFECTIVE

We decided to put together a package for the highly effective new Israeli Civilian Gas Masks that we have been offering for the past 15 months. We wanted something that was easy to pack and easy to carry. So we have taken a mask which comes with one canister and added a second canister and put them in a heavy-duty used US mask bag. The bag features three small outside pockets that can hold other items such as water tablets, matches, knife, etc. It also has a nice carrying strap that is made so it will not break easily. The bag secures the mask and canisters with two easy-to-open spring snaps.

The Israeli Masks are not only new (meaning they have not been used) but also are of recent manufacture. Made for the Israeli population to protect against gas attacks, they will handle all common battlefield gases including CBW gases. One important feature is that the filter can be changed in seconds without removing the mask. The canisters have no listed limit to shelf life. In talking to those who seem to know, if the protecting seals are not removed they should store indefinitely. Also the filters are readily available at this time. #C/0569

Bag, Mask and 2 Canisters
\$ 29.95 + 3.00 S&H 2 sets \$ 60.00 ppd.
Bag Alone #6479 \$ 6.95 ppd.
Extra Canisters #6477 \$ 9.50 ppd.
Mask with 1 Canister #6476 \$ 19.50 ppd.

FREEZE DRIED VEGETABLES

Here is an excellent case of six high-quality freeze dried vegetables in heavy-duty No. 10 cans. All items need only boiling water to prepare—the potatoes can be eaten as a snack right from the can. Case includes two cans hash browns, two cans peas, one can corn and one can green beans. The retail value of this case is \$105.00. #C/0594

Special \$ 35.00 + 8.75 S&H

Beef, Beef and Beef

Save 75% on Real Freeze Dried Meat

About 70% of our meat orders are for beef products, so here is the best deal on beef around. All of these products are military cosmetic rejects—they just do not meet the original contract limits—but are top quality beef for storage. The steaks are too red, the patties are broken, and the ground beef is too lean. You get two No. 10 cans of tenderized steak, three cans of hamburger patties, one can of ground beef. That is about 32 pounds of ready to eat steak. Packed in nitrogen for longest possible storage.

#C/0380 reg. if first quality \$ 301.00 + 8.50 S&H
Special \$ 75.00 + 8.50 S&H
Limit 6 Per Customer

18-Gallon
High Quality Barrels
Used once—for mushrooms!

These are made of 1/4" high impact plastic and they are food grade so you can store grains, beans, or water in them. They have a 10" screw-on lid with an air-tight seal due to a neoprene gasket. 23" high and 16" in diameter and includes two heavy-duty handles for easy carrying. Good also for burying (even weapons) if care is taken in sealing and packaging. New ones cost about \$29.00 plus shipping—but these are carefully washed and you can get them as low as \$14.00 delivered to your door. They are shipped from Pennsylvania. #0218

18-Gallon Barrel \$ 17.50 + 4.50 S&H
5 Barrels \$ 96.00 ppd. 48 states
10 Barrels \$ 169.00 ppd. 48 states
20 Barrels \$ 320.00 ppd. 48 states
100 Barrels \$ 1400.00 ppd. 48 states

Grains
Water
Equipment

MILITARY ISSUE

U.S. Contract

MRE Retort Meats
As Low As 80¢ Per Pouch

Just in, these new meat products were produced for the 1984 contract. Includes Beef in Spice Sauce, Ground Beef Minni-Cotta, Beef with Gravy, Ham Slice and two others. Shelf life 5-10 years without refrigeration. Takes only minutes in boiling water or against engine block to be ready. We pack them 12 to a case—2 of each entrée. Just like the army—no choices. Great for hunting, fishing, camping or emergencies. #R0078

12 Pouches (2@) \$ 16.80 + 3.50 S&H
36 Pouches (6@) \$ 42.00 + 5.25 S&H
72 Pouches (12@) \$ 72.00 + 10.50 S&H
432 Pouches (72@) \$ 349.00 freight collect

MRE BAKED GOODS

Another overrun item. The cookies, cakes and brownies are moist and are excellent for peckpicking, hunting or everyday eating. All come packed in heavy aluminum pouches and will store for years. Good emergency energy source.

"Gorilla" Cookies: Delicious chocolate covered cookies. 2 per pouch. #R100

10 Packs \$ 5.50 ppd.
20 Packs \$9.90 ppd. 100 Packs \$45.00 ppd.
Chocolate Nut Brownies: Nothing more needs to be said. I think these are a super treat. #R101

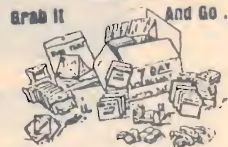
10 Packs \$ 6.50 ppd.
20 Packs \$11.00 ppd. 100 Packs \$52.00 ppd.
MRE Cakes: Very moist and tasty. Chocolate Nut, Pineapple Nut and Orange Nut. Offered in evenly mixed assortments. #R102

6 Cakes \$ 8.00 ppd.
12 Cakes \$15.00 ppd. 36 Cakes \$36.00 ppd.
Bakery Sample Pack: For those who want to know what we are talking about—one of each cake, 2 brownies, 2 packs of cookies. #R1010
\$ 5.75 ppd.
2 Packs \$ 10.00 ppd.

MILITARY FRUIT RATIOMS
Strawberry

These are nothing but real strawberries in light syrup that are freeze dried and put in heavy, olive drab pouches. They will store for a minimum of seven years—and probably a lot longer. We pack them in 25 bar packs and the price is right—each 25 bars contain as much strawberries as a \$28.50 can from a leading manufacturer of freeze dried fruits. We even send a couple of ideas on how to use the bars that customers have told us work. #M112

Special 25 Bars \$ 9.50 + 1.55 S&H
50 Bars \$ 17.50 + 2.00 S&H
225 Bars \$ 60.00 + 8.50 S&H

NEW
Emergency
7 Day Supply

This is a newly designed supply that came out of the chaos of the disaster in Mexico. I felt a need for an inexpensive highly portable package that would provide a minimum supply of food, light, heat and shelter for one person for seven days or two people for three days. The supply includes: high quality tube tent, two space blankets, stove and fuel, eight candles (about 40 hours of light), water tablets, waterproof matches, first aid kit and a high quality supply of military food pouches. The food supply contains: 21 retort pouches of meat entrees, 14 cakes, 14 fruit bars, 7 beans with tomato sauce, 7 candy bars and 7 heavy plastic spoons. All these products are fully cooked. All you need to add from the store is a good transistor radio and some water and you can be prepared for the 72 hours it takes to get most government emergency programs in place. #C/0591

Special \$ 49.95 + 9.50 S&H
3 Supplies \$ 145.00 + 15.00 S&H



MARINE COMBAT KNIFE

Made to U.S. Government specifications. This 12 inch knife features 7 inch carbon steel with blood groove blade that has a black phosphorous coating to eliminate reflection. Stained brown leather handle and rich leather reinforced sheath. #2560 reg. \$ 22.50 + 1.50 S&H

Special \$ 17.50 + 1.50 S&H
3 Knives \$ 50.00 ppd. 48 states

MAG-LITE

MINI-MAG



High Quality aluminum light that is only 5 1/2" long and 3/4" in diameter. The 1" head contains a bright Krypton bulb that can be focused from bright spot to flood. Uses 2 AA batteries (not included).

Special \$ 12.95 + 1.75 S&H
2 for \$ 19.95 + 2.00 S&H

SI TOOL



Here is a lightweight, yet sturdy multi-use tool that we think should be in every vehicle and every get away bag. There are 14 different tools incorporated in one: shovel, hatchet, hammer, rake, saw, wrench, mattock, nail remover, bottle opener, slicing knife, can opener, can piercer, fish scaler, Phillips screwdriver, and regular screw driver. The blade is stainless steel and the hollow handle is steel and high-impact plastic. Carrying case will go on your belt. Weighs less than 1 1/2 pounds. #3801 reg. \$ 23.50 + 1.95 S&H

Special \$ 18.50 + 1.95 S&H
3 Tools \$ 48.00 ppd. 48 states

Survival Inc. (SI)
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NEW PRODUCTS



Reloading Video

B.V. and Associates of Burbank, California, is pleased to announce the release of their newest video production, "Basic Ammunition Reloading." Considered a must for the serious shootist and reloader, the program is hosted by Wally Berns, well known movie and television actor as well as an avid shootist and longtime reloader. The program deals with the basic and fundamental reloading techniques for handgun, rifle cartridges and even shotgun shells all on one 68 minute video tape. Stressing fun and safety, it makes reloading simple and easy for the novice as well as experienced shooter. The tape costs \$42.95, incl. shipping and handling, is available in VHS and BETA and can be ordered from: Wally Berns, 2135 N. Pass Avenue, Dept. ASG, Burbank, CA 91505; (818) 845-0894.



Save-Your-Life Belt

You can wear this belt anywhere and feel confident that you are better prepared for survival. The concept is simple: that you have a sensible inventory of survival equipment contained within a thin, lightweight belt fitting most standard belt loops in jeans or slacks and sized to accommodate any waist. Every item in the belt is sealed in waterproof plastic so you can swim a

river and not have to worry about getting the contents wet. The buckle is durable mar-resistant plastic. Inset in the buckle is a compass for direction, and a Navy-type signalling mirror made of 430 stainless steel. The mirror slides and nests itself into place on the backside of the buckle just over the compass. One edge of the mirror has been sharpened for use as a cutting implement and this edge is protected by plastic to keep it sharp. The belt itself is high quality nylon broadcloth with a velero strip designed to open completely for easy access to the contents. The opening is on the inside of the belt which rests against the wearer. The contents of the belt are a 56- by 84-inch waterproof plastic space blanket; 12 waterproof matches; a 2.5- by 2.5-foot section of visqueen plastic for use as a solar water still; four water purification tablets; 12 waterproof packets each containing natural, organic mineral and vitamin tablets with more than the recommended daily allowances, and an unprocessed wheat bran wafer giving your stomach a full feeling; and finally, a survival manual explaining correct use of each item in the belt. The Save-Your-Life Belt can be purchased for \$29.95 each plus \$2.50 postage and handling (specify sizes — 28 to 48), or two belts for \$55.95 plus \$5 p&h, from the Save Your Life Belt Corporation, Dept. ASG, 301 North Main, Suite 107, Pueblo, CO 81003; or call toll free (800) BELT-KIT.



Solar Battery Recharger

Now you can charge your AA, C or D batteries with the sun! Solar Electric Engineering has introduced a full line of portable solar battery chargers. They allow the user to charge two size C or D batteries at a time, and up to four AA batteries at a time. Costing \$19.95 each, this line of battery chargers replaces SEE's original AA battery charger. Hundreds of recharges can be performed quickly, simply and safely. The units weigh less than 1/4 pound and measure 2 3/4 by 3 3/4 by 1/2 inches. For more information, contact Solar Electric Engineering, Inc., Dept. ASG, 405 East D Street, Petaluma, CA 94952.



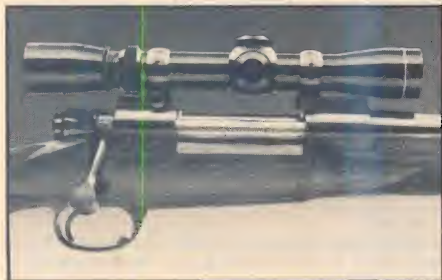
Adjustable Holster

This new patented holster is adjustable. So it fits practically all your handguns: autos and revolvers alike. Right handed or left, it's ambidextrous. It even combats "holster wear" with a specially treated woolskin innerlining. Works unlike anything you've ever seen. First you choose one of three belt loop adjustments. So it fits small, medium or large frame handguns (regardless of barrel length). Then you use the woolskin's Velero adjustment for a tight custom fit. Rig it for a cross draw or conceal it in the small of your back. It's small and lightweight so it's concealable and extremely comfortable. The A.G.P. adjustable holster comes in black or brown with a 30-day moneyback guarantee. They cost \$22 each from Tabler Marketing, Dept. ASG, 2554 Lincoln Blvd., #555, Marina Del Rey, CA 90291.



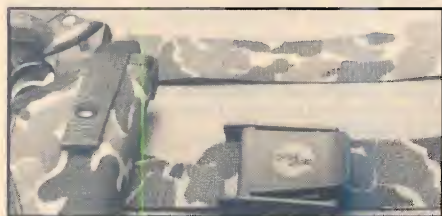
Barnett Panzer

Barnett International has introduced a new version of their popular Panzer crossbow. It features a rugged computer designed alloy frame. The stock can be interchanged with an optional pistol grip, making it an ideal survival weapon. The new Panzer II is the most versatile crossbow available and offers dependability under even the harshest conditions. For additional information on Barnett's complete line of crossbows and accessories write: BARNETT INTERNATIONAL, INC., P.O. Box 934, Dept. ASG, Odessa, FL 33556.



Leupold 2x7 Compact

Leupold has introduced a new 2x7 Compact into its growing line of sub-sized riflescopes. Two ounces lighter and a full one inch shorter than a standard 2x7, the new scope is one of the world's most compact variables. Like the six other scopes that make up the Leupold Compact line, the new 2x7 was designed primarily with the new generation of scaled-down and featherweight rifles in mind. Compared with full-sized scopes, the Leupold 2x7 Compact offers generous eye relief, magnification and field of view, yet is smaller inside and out. According to Leupold, the new variable's smaller eyepiece diameter will accommodate virtually any bolt action rifle made today, regardless of bolt lift and, in some cases, permits the scope to be mounted lower. For more information on the Leupold 2x7 Compact and other Leupold Golden Ring® scopes, write: Leupold & Stevens, Inc., P.O. Box 688, Dept. ASG, Beaverton, OR 97075.



Camo Belt

Michels of Oregon introduces the popular SIDEKICK® nylon web holster belt in new camouflage color as well as brown and black. The belt is designed to match the color and pattern of SIDEKICK holsters and the new line of holster accessories. The belts are a full 54" long, accommodating shooters of every size, and will fit over heavy or bulky hunting clothes. A sturdy cam-type buckle fastens firmly, yet releases instantly. Suggested retail price of the SIDEKICK camouflage holster belt is \$7.95 and, like all "Uncle Mike's" products, it is available only at gun and sporting goods dealers. For a full color catalog, send \$1.00 to Michaels of Oregon, P.O. Box 13010, Dept. ASG, Portland, OR 97213.



Police Duty Rig

Assault Systems Police Duty Rig is ready for just about anything. Designed by and for professional police and law enforcement agents it provides unprecedented Lightweight comfort and strength in a complete belt rig. All items made of ballistic nylon and unconditionally guaranteed. Police holster features 5 layers of ballistic nylon sewn with heavy duty nylon thread, made to last a lifetime. For more information call or write: (800) 325-3049. Assault Systems, 869 Horan Drive, Dept. ASG, St. Louis, MO 63026.



Camo Compac

Iowa-based Hunter's Specialties, America's camouflage experts, has developed for 1986 the new MILITARY WOODLAND CAMO COMPAC (#00278) camouflage makeup kit. Based on Hunter's original and highly successful CAMO COMPAC for hunting, this military version has a pocket size, impact resistant plastic case with five non-glare colors and an unbreakable metal mirror in

the hinged cover. Colors include flat black, bark gray, mud brown, leaf green, and forest green. This makeup won't run in the rain or sweat away, yet washes off with soap and water or with Hunter's Specialties CAMO-OFF makeup remover wipes. For more information on the MILITARY WOODLAND CAMO COMPAC and a FREE catalog, contact: Hunter's Specialties, Inc., 5285 Rockwell Dr., NE, Dept. ASG, Cedar Rapids, IA 52402; phone (319) 395-0321.



SleepScreen Now Doublewide

SleepScreen is the unique personal sized, bugproof enclosure that sets up in seconds over your bed or sleeping bag to protect you from mosquitoes, gnats and no-see-ums. Introduced in 1985, thousands were sold to campers and travelers tired of slapping at the whine of mosquitoes, or itching from the bites of no-see-ums. New for 1986, SleepScreen is now available in a doublewide model with shock-corded fiberglass poles. The new model, dubbed "SleepScreenII," is still ultralight at 23 ounces, and ultrasmall—easily fitting packs and carry-on luggage. Quick to set up, SleepScreenII offers a roomy 55 inches of protection (the full width of a double bed). SleepScreens were developed and extensively tested in Alaska and the Yukon. They are manufactured with fire retardant grey no-see-um netting, burgundy nylon stuff sacks, and black fiberglass poles. Their dimensions are: SleepScreen: 34 inches on a side by 24 inches high. Folds to 17 by 2.5 inches. Weight 10 ounces. SleepScreenII: 55 inches wide by 28 inches high. Folds to 21 by 3.5 inches. Weight 23 ounces. SleepScreen at \$19.95 and now SleepScreenII at \$29.95 are the most affordably priced, truly dependable insect protection on the market. SleepScreens keep the high-pitched whine far away from your ears while protecting your skin, thus insuring a good night's sleep. They make good sense whether you're camping under the stars or staying at a first class resort. SleepScreens are sold in outdoor specialty stores nationwide. They are also available from such major mail order companies as Cabela's Campmor, Gander Mountain, L.L. Bean, and Recreational Equipment Inc.

SURVIVAL TOOLS



The Crossbow of Champions



WASP CXB \$285.00 Compound Crossbow

For the latest in crossbow technology the Wasp CXB — super fast, powerful and reliable

- 125 lb. graphite — glass limbs
- In-limb eccentric wheels
- Hand finished solid walnut stock
- Free flight arrow design with retainer spring
- 23" arrow velocity — 260 f.p.s.



HORNET II \$165.00 For Top Value

The new improved Hornet II, designed for the avid crossbow hunter and precision target shooter

- Sculptured hardwood stock with recoil pad
- Machined limb mounting bracket
- 16" arrow — velocity 240 f.p.s.
- Draw weights to 150 lbs.

Trident Pistol Crossbow



\$85.00

16", 50 lb. prod. suitable for taking small game (rabbits, squirrels, etc.)

12" long only 1½ lbs.

We have the most complete crossbow catalog available.

Send \$1.00 for Catalog of Special Weapons & Survival Aids.

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FROM

NEW

EXCALIBUR WAX PELLETS



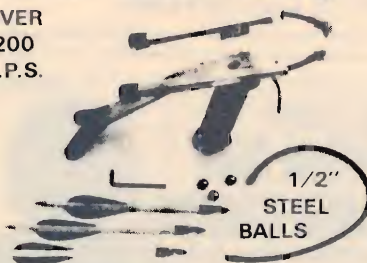
- No gun powder or loading tools are needed. Shotgun primers provide the power. Pellets and primers are loaded into re-usable brass cases with finger-pressure only.
- Accuracy to 25 feet (2½" group).
- Speed - approximately half the velocity of factory ammo.
- Oil-based wax is harmless to gun, which means cleaning is easier than with lead bullets.
- Safer than plastic or rubber bullets — no ricocheting.

Specify caliber: .38 spl. 9mm Luger
.45 L.C. .45 ACP. .380 .41 mag. .44 mag.

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SURVIVALIST DIRECTORY

THIS IS A CONFIDENTIAL listing of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addressees without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 0501

Peterborough, Canada, would like to team up with fellow survivalists or start a new group. No cult members, racists or trigger-happy idiots.

ASG 0502

Sultland, Maryland, interested in joining a survival organization in Washington, D.C., metropolitan area, especially Maryland.

ASG 0503

Norfolk, Virginia Beach, Virginia, family man interested in survival seeks others in area. Have background in electronics, firearms, food, shelters. Looking for others with similar views to form group or share ideas.

ASG 0504

Homestead, Florida, mature survivalist wishes to contact others. Interest: to form no-nonsense group (all ages, backgrounds, nationalities). Beginning: ideal no-freeze climate, much food free for the picking, fish free for the catching.

ASG 0505

Garden Grove, California, 20-year-old Christian survivalist seeks same in Southern California.

ASG 0506

Mancelona, Michigan, single male, ex-infantryman wishes to correspond with male or female survivalists and groups. Patriotic and intelligent persons only.

ASG 0507

San Francisco, California, would like to communicate with others who share same interest in survival. Also like to communicate with Japanese, Okinawan and Filipino survivalists or other nationalities.

ASG 0508

Greenwell Springs, Louisiana, would like to contact survivalists in S.W., MS and Feliciana Parishes, Louisiana.

ASG 0509

North Central Washington, interested in contacting people in Seattle, Tacoma area about possibility of joining me on 84-acre self-sufficient retreat.

ASG 0510

Malne, Vermont, New Hampshire, survivalist would like to hear from and exchange ideas with other survivalists from these states.

ASG 0511

Tucker, Georgia, looking for mother earth type persons interested in total self sufficiency and survival, to share similar interests, information and assistance, to form a group/local network.

ASG 0512

Winston-Salem, North Carolina, would like to contact other survivalists in this or other North Carolina areas.

ASG 0513

Jackson, Tennessee, would like to meet or correspond with other survivalists in the west Tennessee area, preferably around Jackson.

ASG 0514

Las Vegas, Nevada, 17-year-old survivalist wishes to contact other Christian patriot survivalists who know the real destiny of America based on biblical knowledge.

ASG 0515

Yadkinville, North Carolina, would like to be in contact with others in northwestern North Carolina foothills area.

ASG 0516

Hialeah, Florida, ex-U.S. Army Ranger with extensive special warfare, combat engineer training, construction, electrical and survival skills, and combat experience seeks communications with other individuals for possibility of setting up network in Florida. Would like to hear from other networks for national link.

Continued on page 31

**La Sentinelle
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WHIP**

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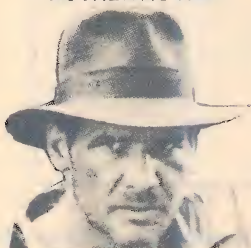
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ABC WIDE WORLD OF SPORTS
exact logo (white cap, black trim, ABC logo in silver, black and red)

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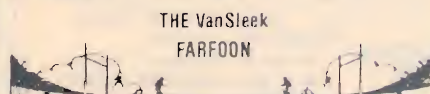
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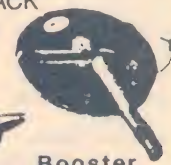
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ALLOW 4-6 WEEKS FOR DELIVERY.**

From Schrade:

The M-7S

A unique full tang survival knife . . .

Staff Evaluation



The M-7S comes with an assortment of useful survival gear and an owner's manual.

THE M-7S Survival Knife is made to U.S. government specifications by Imperial Knife, a division of Imperial Schrade Corp. Literature provided with the knife states that the "heavy duty full length tang construction of the M-7S has been thoroughly proven in the field from Iwo Jima to Grenada."

Great Lakes Distributing, Dept. ASG, 600 W. Orange, Greenville, MI 48838; phone (616) 754-6694, provided the ASG staff with a sample M-7S for evaluation and the staff found the knife to be quite useful for many tasks.

The knife has a 6½-inch, heat treated, phosphate coated, anti-reflective blade with a serrated edge at the tip of the top side and a 4-inch sawtooth edge at the rear of the top side of the blade. The regular cutting edge of the blade runs the length of the bottom side. The bottom edge came very dull on the knife supplied to the staff. The staff member assigned to review the knife promptly set to work with a sharpening stone and succeeded in putting a keen edge on the carbon steel blade.

The machine tooled guard incorporates a Phillips head screwdriver on one end and standard flat head screwdriver on the other. The knife handle is used to provide leverage when tightening or loosening screws.

The molded phenolic (hard plastic) handle is actually two pieces attached to the tang by screws and nuts. The handle is checkered for a sure grip and will not freeze to the skin of the user's hand in extremely cold weather. It is also high heat and flame resistant.

The olive drab and camouflage sheath has a military type cotton webbing back which fits belts up to 4 inches wide. Nylon

and velcro flaps secure the handle of the knife. Nylon camouflage pockets with velcro flaps hold the survival gear provided with the knife. The heavy molded plastic sheath liner has steel retainer springs and vent/drain hole at bottom. A 3-foot, 10-inch removable leg strap can be used to lash the M-7S to a pole or can be used as a tourniquet.

The knife has a unique butt claw hammer. The butt can be used to remove or pound in nails, pry open lids and doors, even chip ice.

The compass is a simple plastic affair calibrated in 5-degree increments with numerals every 30 degrees. The owner may wish to replace this compass with a better made one, but the compass supplied with the test knife did function properly. Other gear includes an 18-inch flexible ring saw with detachable steel handle rings; safety matches that can be ignited by striking them against the flint pad supplied with them; a magnesium fire starter; sewing needles; and fishing line, hooks and sinkers.

The ASG staff considers the M-7S Survival Knife to be of good quality dependable and quite versatile, with unique functions not found on any other survival knife. One possible drawback is that the claw on the butt can cut into the heel of the user's hand while pressing downward on the handle. With a little practice, the staff testers were able to avoid this unpleasant experience by holding the knife properly.

The M-7S is available for \$49.50 including shipping anywhere in the U.S. (for other countries include \$5 for shipping and handling), and comes with a 30 day money-back guarantee from Great Lakes Distributing. ●



Beginning with the popular, inexpensive Ruger 10/22, you can create the most reliable, inexpensive full auto conversion imaginable just by following the instructions contained in this volume. This conversion allows you the option of *firing up to 1200 rpm on full auto*, or switching to standard semi-auto for precise, aimed shots. Two methods are shown, allowing for different levels of machining skills and availability of tools for the person doing the conversion. Either method works well and both are completely reliable. After performing the conversion (legal with prior BATF approval), why not create a one-of-a-kind weapon by adding some of the neat accessories available for the 10/22? A number of them are shown in the *Ruger Carbine Cookbook* listed below.

Select Fire 10/22, No. 229	\$10.00
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Volume One

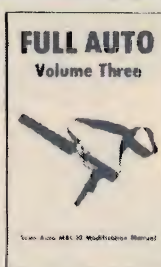


AR-15 Modification Manual

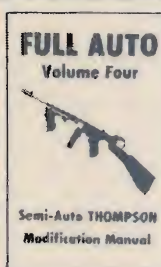
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M2 by substituting
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Civilian-legal semi-
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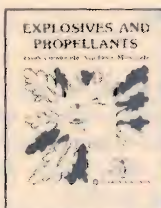
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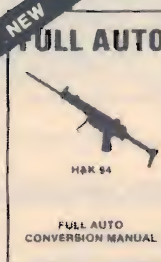


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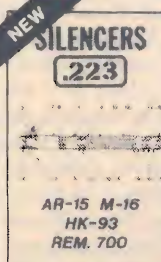


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A complete "how to" manual for building a Sten from kits sold by Armex, Sarco, etc., including construction of the receiver. A must for Class III weapons enthusiasts.

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MAY 1986/AMERICAN SURVIVAL GUIDE 21

Sportsman's Dream:



Browning BPS Pump

For an all purpose shotgun, this 12 gauge has got to be one of the best . . .

Staff Evaluation

WHEN SHOTGUNS are mentioned in a survival context, one usually thinks of a shorter 12 gauge pump or semi-automatic, and these guns are usually intended for close combat.

But there are many other uses for shotguns in survival situations besides fighting. For example, some fishermen use 20 or 12 gauge shotguns to quickly dispatch large fish, such as sharks, which they have caught. And of course, let's not forget the use of a shotgun in hunting game.

While the Browning BPS Pump Shotgun in 12 or 20 gauge is primarily a hunting weapon with its longer barrel and stock, it could also be used for defensive purposes, though it would not be as handy in a close-quarters-type fighting situation as would a 12 gauge police riot gun. In fact, Browning does make a law enforcement version of the BPS 12 gauge with a shorter barrel, but this is available only to law enforcement personnel.

The BPS is a manually operated repeating shotgun of the slide action, hammerless, solid frame and takedown type. It's operated by moving the slide (forearm) in rearward and forward motion. This action unlocks the breech block, extracts and ejects the fired shell casing, cocks the internal hammer, transfers a live shell from the magazine to the chamber and



Recoil was considerably more noticeable with the 3-inch magnum loads.

BROWNING BPS PUMP SHOTGUN: TECH SPECS

Gauge	12 or 20
Barrels, inches	22, 26, 28, 30, 32
Action	Pump with double-action bars; bottom loading and ejection
Choke	Full, Modified, Improved Cylinder or Invector
Trigger	4½ pounds at let-off
Chamber	3 inches in hunting models; 2¾ inches in target models
Safety	Knurled thumb, top receiver
Weight, pounds	7¾ with 28-inch barrel
Overall length, inches	48¾ with 28-inch barrel
Stock and Forearm (slide)	Select walnut, weather-resistant finish, full pistol grip; semi-beavertail slide with finger grooves
Price, suggested retail	\$350
Manufacturer	Browning

Route One
Morgan, UT 84050
Phone: (801) 876-2711



The BPS breaks down or assembles quickly and easily.



The magazine plug limits capacity to three shells.



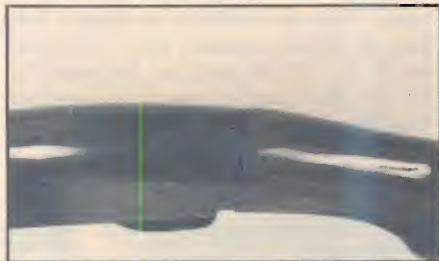
Ejection and loading are via the ejection port at the bottom and front of the receiver.



The slide lock release is located above and at the rear of the trigger guard on the left side of the shotgun.



A gold-plated trigger is a Browning trademark.



When thumbed forward, the safety at the rear top of the receiver indicates the weapon is ready to fire by exposing a red dot.



Full, improved cylinder and modified chokes are part of the BPS Invector Choke Tube System.



The stock is select walnut with weather resistant finish and rubber butt plate.

relocks the breech bolt.

The BPS is delivered with a magazine plug installed, limiting the gun to three shots in accordance with federal law and certain state laws regulating the hunting of migratory and some non-migratory game birds. With the plug removed, the BPS has a capacity of five 2 3/4-inch shells (one in the chamber and four in the magazine) or, if the model takes them, four 3-inch magnum shells (one in the chamber and three in the magazine).

An action slide lock release is located on the left side of the shotgun just above and behind the trigger guard. A thumb-operated safety is located on the top rear portion of the receiver. A red dot, exposed when the safety is moved forward, indicates the "off safe" or "fire" position.

Shipped in two pieces, the BPS is easily assembled or disassembled by unscrewing the magazine cap. To mount the barrel, the magazine cap is removed, the slide release button is depressed and the slide is pulled completely rearward. Hold the

stock-receiver group in a horizontal position with ejection port downward and push the slide forward until the rear of the slide is even with the front of the receiver. The barrel extension ring is then slid rearward over the magazine tube until the barrel tab projecting from the rear of the barrel enters and aligns with the recess in the front upper surface of the receiver. Then replace the magazine cap. Disassembly is performed in reverse order.

Browning makes the BPS with its Invector Choke System, and the barrel comes with three chokes, full, improved cylinder, and modified, to alter the shot pattern for different uses, such as trap and skeet shooting and hunting game birds. A small tool is supplied with the chokes for quick and simple installation or removal of the chokes, which when installed fit flush with the muzzle.

A bead front sight is situated at the muzzle and atop the ventilated rib of the BPS with 28-inch barrel which was received for evaluation.

Shooting—About 50 Winchester 2 3/4-inch AA Plus trap loads and Double X magnum #4 shot shells were fired in the BPS during testing. The shotgun was fired at targets from 15 to about 70 yards away.

Felt recoil was considerably more noticeable with the magnum loads but was easier to deal with thanks to the 3/4-inch rubber butt plate.

Shooters found that the BPS performed well during the limited test firing, with excellent accuracy even at the longer ranges, and no malfunctions.

This is one of the world's finest shotguns for hunting, and it would most likely serve its owner well if employed in a self-defense role, although the weapon's length would be a hindrance if it were wielded in tight spaces or at extremely close ranges. But certainly, for an all purpose shotgun, this has got to be one of the best available.

For more information about the BPS, contact your local gun dealer, or Browning at Route One, Morgan, UT 84050; phone (801) 876-2711. ●

Reversible Camo:

The Snowtimber Anorak And Overpant

The survivalist, hunter or naturalist will find the Snowtimber suit perfect for snow or evergreen forest . . .

Staff Evaluation

REVERSIBLE CAMO is nothing new, with an effective pattern dating back to German Army use in the Second World War, but to our knowledge the new "Snowtimber" suit is the first true survival wear available to the public with a reversible camo paint. Notice that we used the description, "Survival wear." This is the key for it means that the garment is built with quality materials and competent construction to last in rugged use under hostile conditions.

The survivalist, hunter or naturalist will find the Snowtimber suit perfect for snow or evergreen wood and with the woodland side out useful for forest or marsh. By simply turning the garments inside out you may determine which pattern is correct for your immediate locale.

What sets these garments apart from the field is the excellence of design combined with uncompromising quality of materials. Because of the reversible nature you get a two-layer garment, and while it should be thought of as a shell to wear over insulating clothing, in many instances it will be quite ample for cool weather with only the addition of a light sweater or insulated shirt. The anorak is cut very large to accommodate heavy winter clothes and still allow suppleness and unimpaired motion, something that any survival garment must take into account.

There is a sturdy YKK #10 zipper running three quarters of the front length which permits ventilation. This is very important when conducting strenuous activity in the cold as sweat will freeze once activity is stopped if it is trapped on the body. To facilitate additional venting there is an oversized "chimney style" vent to remove heat from the back and carry it to the neck. This feature is thwarted if one carries a full sized backpack, however. Drawstring cuffs and hem allow you to vent or prevent wind and snow from entering at these junctions. There are two large front pockets cut at an angle and secured by velcro flaps which are large enough to hold a large auto or seven-inch revolver in comfort.

Both the anorak and overpant are con-

structed of woodland pattern "Combat Cloth," a Brigade Quartermasters exclusive made of 35 percent cotton-65 percent polyester yarn with ripstop reinforcement ribs in a lightweight poplin weave. The cloth is wind resistant yet breathes and also is resistant to tearing. We took a suit to a professional seamstress for evaluation of sewing and construction and was assured that both were of high and consistent quality.

The overpant is also cut very large allowing you to slip in over a pair of winter pack boots and regular pants and still have room to move without constriction. The zipper fly has another sturdy zipper and there are pass-through pocket openings

allowing access to your inner pockets. On the woodland side there are two large bellows pockets and a single rear pocket, protected by velcro flaps. The snow camo side has one rear pocket protected by flap. There is a shock-cord style elastic drawstring at the waist which expands or contracts with your motions for freedom of movement.

Together the Snowtimber Anorak and Overpant are state-of-the-art outdoor wear. They are available exclusively from Brigade Quartermasters, Ltd. The anorak retails for \$99.95 and the Overpant for \$69.95. They may be ordered from Brigade Quartermasters, Ltd., Dept. ASG, 266 Roswell St., Marietta, GA 30060-9988. ●



Sniperscope:



Photos by Bud Gillman

NIMROD

*A superbly functional,
rugged instrument . . .*

By Lee Upchurch

THE JEWISH state of Israel is a nation of survivalists. They have endured many trials and tribulations forced upon them by their adversaries. At times, even the threat of total destruction has loomed overhead. Israel's success in overcoming its menacing foes can be attributed to unyielding courage, exceptional leadership, the backing of a super power, and when it comes to fighting, it has one of the best trained and equipped armed forces in the region.

Israeli military hardware is vastly superior to that of its enemies. This is not only possible because of the transfer of high tech weapons from the United States and other Western countries but Israel has an outstanding military industry of its own. It has produced many successful, innovative and robust designs for its defense forces.

One such "war machine," a sniper-scope, known as the Nimrod 6X40, is a superbly functional and rugged instrument. This same sniperscope was successfully utilized by Israel's elite sniper units during the recent combat action in Lebanon and it proved to be a very effective optical device for enhancing precision shooting. It also proved that it could withstand the torture of combat use.

The Nimrod rifle scope is now being imported and made available from Magnum Research, Inc., (Dept. ASG, 7271

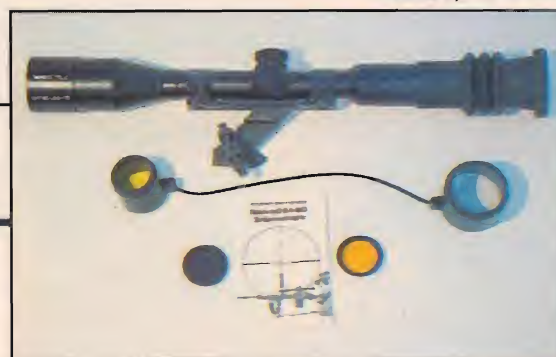
Commerce Circle West, Minneapolis, MN 55432) for commercial use by American civilian shooters.

A quick inspection of the Nimrod scope reveals that it is an excellent design and built to be tactically sound as was expected. The clarity of the optics is very sharp and one of the best around. Overall, the scope appears to be an impressive piece of equipment.

Characteristics of the Nimrod are that it weighs 21 ounces, is almost 13.5 inches long (without the glare sleeve extended and eyeguard attached), and has a black anodized blue finish. It is a monpower type scope with a magnification power of six and the diameter of the objective lens is 40mm. A monpower scope was chosen by the Israelis instead of a variable type because the latter have not demonstrated the desired ruggedness and reliability as have monpower telescopes.

The rationale behind selecting a 6X magnification was because it is an optimum setting for observation and sniping when utilizing 7.62mm NATO ammunition at effective ranges.

Diopter—A fixed diopter setting is incorporated on the Nimrod. The setting is average for most persons but it can be adjusted by a technician, if needed. The unadjustable feature of the diopter is to lock the eyepiece, thereby preventing



The Nimrod sniperscope is supplied with two colored filters, a transparent lens cover and a flexible rubber eyepiece (the Galil mount is not included).



After the weapon is zeroed, the Nimrod's windage and elevation drums have to be adjusted for zero or "technical zero." A coin can be used for this operation.

adjustment of it to enhance a proper seal of the scope.

The reticle is a constant-centering and graduated crosshair. Irrespective of the amount of windage or elevation adjustment made to zero the weapon, the constantly centered feature eliminates the possibility of an off-centered reticle which can hinder quick and easy aiming through the scope.

Also the measuring grid is located beneath the crosshairs to easily and quickly obtain the correct range of the target. Five graduated stadia lines are

Continued on page 69

Four Basic Items:

Affordable Food Storage



ABOVE and RIGHT—These are candies made from wheat gluten and honey, and substitute meat dishes made with wheat gluten.

Many of us don't have the money to pay for expensive, prepared storage foods, but there is an alternative . . .

By Roger Pryor

YOU CAN'T SURVIVE without food. In any true survival situation food storage is one of the most important items on your list. Yet because of the cost it is most often found lacking in survival programs. Problems abound, such as proper containers, storage space, temperature requirements, shelf life, and others.

Some of us can afford the option of commercially prepared foods, but even then we may not be getting foods that we really would enjoy eating. Although commercial preparation and packaging of food is much better than anything we can do at home, some of us because of economics may not have that option open to us. If you have run up against these and other problems, don't despair. Yes Virginia, there really is an affordable survival diet.

This storage program is built around four basic items, wheat, powdered milk, honey and salt. The extent to which these four substances can be changed, combined and recombined to give a variety of good tasting meals seems endless. All of these items have an extremely long shelf life, and

may be kept at a wide range of temperatures. It is also nice that they can be stored in bulk, therefore using less space. The best part is the price. A diet built around these four substances will cost about half of what you normally pay for food. Yet, it can contain all the calories you need and can be fairly nutritionally sound. This is not a fad but the diet of our forefathers. Wheat is constantly referred to in written history as the staff of life. Salt with good savor was a continual dream of the ancients. A land flowing with milk and honey is mentioned several times in the Bible. The ancients did not have our distractions. They had a constant awareness of the hardships in obtaining sufficient food. They knew what was important. We can truthfully say that man owes a great deal of his existence to these particular foods. But more than this, we can say that time has proven their adaptability to the nutrition of man.

Wheat—Wheat, the staff of life. As long as you keep it dry and protected from insects, it will last indefinitely. Any container that is airtight can be used to store wheat. Weevils can be controlled by

removing the air from containers used to store the wheat. One simple way you can do this is to place dry ice at the bottom of the container and as the dry ice melts the icy fog it gives off will cover the wheat and replace the air in the container. When this air has been replaced you simply seal the container. Another method that can be used is to store your wheat at minus 14 degrees Fahrenheit for a period of about two weeks. This method is simple if your community has a cold storage facility. When you purchase your wheat be sure to get hard red wheat with a moisture content of 10 percent or less. Your wheat will need to be this dry for storage. Wheat is about 12 percent high quality protein. Wheat protein differs from meat protein in that it contains less of the amino acid lysine, however, it contains more of the amino acid phenylalanine and the increased consumption of wheat flour will more than compensate for the difference. There are many ways you can use wheat. Besides the obvious use of grinding it into flour, what can be eaten raw, it can be cracked and cooked for cream of wheat. It is used for textured vegetable protein to stretch meats and other foods, or to make gun to chew on—no joke.

The flour is used to make gluten. This process is fairly simple and can be done in your kitchen with very little trouble. Flour is also used as the main ingredient in

BELOW—Properly stored, the four basic items will last indefinitely and take up little space.

RIGHT—Sprouting is an important means of insuring a sufficient source of minerals.



LEFT—Supplemental foods should be stored and rotated for use.

ABOVE—A month's supply of the four basic foods of powdered milk, honey, whole wheat and salt can be stored in one five-gallon can.

cakes, cookies, breads and noodles. It is also used to make gravies, white sauces and many more things too numerous to mention here.

A five-gallon can will hold 27 pounds of wheat, five pounds of powdered milk, three pounds of honey and one pound of salt. This is enough to feed one person for a month. Stored in this manner the food-stuffs would tend to be used in their proper proportions.

Powdered Milk—The status of powdered milk is unquestionable. On a chart of the biological value of protein foods, milk is at the top of the list. This high ranking animal protein food will store with little change for seven to 10 years, as long as it is kept dry and reasonably cool in airtight containers. There are many people who object to the taste of powdered milk, and we can all agree that it does not taste the same as fresh whole milk, but it tastes good enough to stand on its own merits without the comparison. It would be indispensable if you have small children. Milk is used in combination with so many other foods that it must be a staple in any food storage plan.

Honey—Honey is truly one of mother nature's outstanding products. It does not occur naturally, but must be manufactured by bees. Honey also has an indefinite shelf life. With long term storage honey may solidify but it can be brought back to its normal consistency by heating the container in a pan of hot water. At about twice the potency of table sugar, it takes up a lot less storage space and that's

always a bonus for long term storage.

Honey consists of about 73 percent sugars (levulose and dextrose) and it also has small amounts of protein, iron, and vitamin C. It is also generally accepted that honey is much better for you than refined white sugar, of which the average American eats over one cup per day. If both honey and sugar would disappear tomorrow, there would be no danger to our health, and we could obtain sweet fuels from molasses, sorghum, figs, dates, grapes, etc. But honey does two things for us. First, it is a highly concentrated source of calories, something we may need more of in a survival diet. Second, it is a source of pleasure by providing sweet flavor to foods that may seem bland without it. Combined with other foods, it can make anything from meat to candy, as it is pleasing to the user. Under situations of survival and stress, we may need all the psychological pleasure we can get. I feel that it must also be noted that bacteria will not grow in honey. It has been used in the past on minor surface wounds and you may wish to do so if nothing else is available. Be sure to check with your doctor first for proper instructions. Some honey dealers add water to their honey. This product will not be good for storage, and will tend to ferment. Before you buy a large quantity of honey for storage, be sure you are getting pure honey. Honey should not be given to infants under one year, as it contains an enzyme that is harmful to them.

Salt—There is one overpowering reason why you should store salt—you can't live without it. In reality salt is a mineral, a

combination of sodium and chlorine. Potassium salts are what is predominantly found in plant life, not the sodium chloride that your body needs. Therefore, an outside source of salt is needed if you do not wish to suffer from salt deficiency. Salt is not related to any of the structures of the body. Salt moves from cell to cell, and is involved in nearly all the cellular processes of the body. Your body does not store salt that well, and when the salt is lost it must be replaced. When you purchase your salt, you will want to know that there are two types. The first is iodized salt. This salt contains iodine which you need to prevent goiter, an enlargement of the thyroid gland on the front and sides of the neck. Iodine is very hard to find in foods. As a matter of fact, sea food is about the only place you can get enough to prevent goiter, and your retreat may not be that close to the ocean. Iodized salt is what you should store for cooking and table use. Salt that contains no iodine is the best for curing meats as the iodine tends to discolor the meat. Salt without iodine can be purchased at a feed store in bulk, at a much better price than table salt. Don't forget, however, that too much salt—more than about five grams a day under normal circumstances—can be harmful.

Diet Shock—You could if you wanted to, live almost totally on the storage program just talked about provided you have sufficient knowledge and water. There is though, another problem of survival that happens to some people—diet shock. If you take the average well fed American and

Continued on page 62

Fort Drum:

Operation Snow Eagle

National Guardsmen join regular Army units for two weeks of extreme cold weather training . . .

By Richard Bocklet



Helicopters used to transport troops during the operation are parked on the ice at Fort Drum.



An ahkio sled is used to transport equipment.



Members of the 101st Airborne Division move toward their objective during Operation Snow Eagle.

A PLATOON of modern-day warriors were waging a struggle against the intense cold.

"Damn it!" snarled Sgt. 1st Class Edward Sherman as he watched the wintery afternoon draining away. "Another two hours and we'll be engulfed in darkness."

The helicopters to transport his platoon to the mission landing zone hadn't arrived compelling him to force march the men towards enemy-held territory. Heavy snow accumulation meant pushing through up to waist-high drifts. Time being essential, he opted for the road over wooded areas—a riskier alternative offering little chance of concealment. A further complication: the newly adopted plan swung into operation without the standard point men screening for ambush.

Clad in white camouflage suits and tennis-racquet-like winter boots, with rucksacks and M16 service rifles, the

soldiers trudged forward. Each step was a small challenge maintaining balance with swiftness. The wind howling around them made the 10-degree temperature seem much colder. Occasionally, a bit of ice or a false step and a man hit the ground twisting momentarily in his cumbersome foot gear before rising again.

About half an hour into the march, the still air was shattered by enemy gunfire. Instantaneously, everybody hit the ground, digging into the snow for hasty concealment. They then belled into wedge formation about 10 meters apart. The crackle of machine gun rounds pinpointed the enemy's position on adjoining hills, 50 meters on either side of the road. Sgt. Sherman's men returned fire while some lobbed smoke bombs to mask themselves from enemy view. Grenade-like M-80s began bursting all around as the fire fight ensued.

Using hands and arm signals, the

trapped forward elements called to the rear for aid. Two squads quickly flanked the enemy positions while another remained in reserve in case a unit got pinned down. While the forward men directed fire at the machine gun nests, the flankers bounded up in short rushes to the assault line. Within minutes, eight enemy soldiers were neutralized and the two hills secured. Those not killed were quickly taken prisoner.

Although it seemed forever, the whole operation took only minutes. "In this kind of fire fight, after the first shot, reaction is instantaneous," related Sgt. Sherman. "Within a couple of minutes, you better be on the objective or you're dead. Since there were no mortars attached to call in, we had to do the complete job. Once you're committed, it's all on the platoon leaders' shoulders how to react—the assault line through taking the objective. That's where he earns his bucks."

Snow Eagle—The mustached, no-nonsense looking Sgt. Sherman saw 2½ years of combat in Vietnam. But, as a member of Company C, 1st. of 108th Mechanized Infantry Battalion of the New York National Guard, he was participating in the exercise "Snow Eagle" in upstate New York, near the Canadian border. Furthering the "One Army" concept, Sgt. Sherman and other Guardsmen of the 42nd Infantry Division joined the 3rd Battalion, 187th Infantry, 101st Airborne Division (Air Assault) from Ft. Campbell, Kentucky, for two weeks of field training maneuvers in the frozen hell called Ft. Drum. So far this season, 140 inches of snow buried the area with exercise temperatures of 35 degrees below zero and gales creating a wind chill factor of minus 75 degrees F.

"Even with the sophisticated weapons and high technology of today's Army—laser-guided smart bombs, night sight scopes and goggles, all-weather helicopters and attack planes—surmounting adverse climatic conditions can spell the difference between victory and defeat," Sgt. Sherman explained. "The finest military hardware is useless if the soldiers are too cold-injured to operate or maintain it. Today, we're not only fighting opposition forces but man's age-old enemies: hypothermia, frostbite and trenchfoot. Those were important factors that hastened defeat of the Argentinians in the Falklands War."

While Snow Eagle honed traditional company, platoon and squad-level techniques, including raids, reconnaissance, patrolling, hasty defense and rapid deployment with new Black Hawk troop transport helicopters, the men of the 42nd Infantry Division and the 101st Airborne Division learned much more. They practiced all this under adverse heavy snow and extreme low-temperature conditions.

Seven years as a National Guardsman and an outdoor buff, Sgt. Sherman taught his men snow shoeing, cross-country skiing, winter survival techniques and the telltale signs of succumbing to the elements.

"Hypothermia is a silent killer because victims often aren't aware of the threat," Sgt. Sherman explained. "Contrary to popular belief, it can occur by exposure to relatively mild weather for men without adequate protection. People have become seriously ill or died simply for lack of recognizing its symptoms."

Hypothermia cases are characterized by victims' internal body temperature sinking to 95 degrees or under, uncontrollable shivering or the complete absence of shivering in very chilly weather. Mental confusion, sleepiness, difficulty in walking are further signs. Reduced breathing and

pulse rates accompanied by a stomach cold to the touch are further signals.

"If anyone shows a combination of these characteristics," advised Sgt. Sherman, "call for first aid assistance immediately. Meanwhile, insulate the victim with available blankets, towels, or newspapers. Avoid hot showers or baths, alcohol or drugs as they may cause a greater loss of body heat, sudden shock or death. Although alcohol gives the sensation of warmth, it actually decreases body heat as do medications for anxiety, depression and nausea."

As part of the winter training, soldiers learned practical tips on preventing hypothermia, including wearing warm clothing. Several layers of loose garments is better than heavy or tight clothing. Use of extra blankets for sleeping helps maintain proper body temperature levels.

National Guard 2nd Lt. Keith Hudson visited Ft. Drum 10 times over the last 4 years, but Snow Eagle was his first winter experience. A weapons platoon leader back home in Rome, New York, he volunteered for the cold weather training and to lead an active Army unit. The first few days his troops familiarized themselves with extreme cold weather gear setting up camp, cross-country and downhill skiing, squad tactics through snow-laden woods, and movements pulling 500 pounds of supplies along with big sleds, called "ahkios." A special challenge for Lt. Hudson: many 101st Division men were jungle-trained but few had any experience with extreme cold and a small number had never seen snow before.

While checking equipment to return to barracks, Lt. Hudson recalled a typical mission to contact with the enemy. A forward observer position had been calling in fire on the company. His platoon's task: neutralize the opposition force by whatever means. Laden with 80-pound rucksacks, Lt. Hudson's nine-man squads advanced through four-foot high patches of snow toward grid coordinates.

"From a simulated bunker below a hill crest, the opposing force spotted us about 450 meters away and commenced firing," related Lt. Hudson. "My men scattered, falling to the ground. Some kicked off their snow shoes, sinking deeper. That makes running difficult but it's easier to get up. Fall with snow shoes and you roll around like a dying cockroach presenting an awfully good target, but it's easier to maneuver. It's a 50-50 deal. I kept mine on."

"I devised a hasty plan," he continued. "While calling in 81 mm mortar rounds, we set up our 60mm machine gun. A squad maneuvered straight on while a second flanked them on the right. Mortared

smoke canisters helped screen the advance. Nearing the objective, our squad lobbed more smoke grenades against four men with a machine gun and service rifles. At 20 meters we killed them; searched their bodies and secured the area. According to standard operating procedure, we moved out as quickly as possible, the whole operation lasting no more than 35 minutes."

Lt. Hudson's tactics got high ratings at the after-action review, especially mounting the machine gun in a stationary position. Charging the hill with theirs, other squads fell, clogging the M-60s and rendering them useless. Experienced Canadian Army units mount their machine guns on sleds but this was considered a little too sophisticated. Another plus was the use of mortar assets—the most important indirect fire at company level—often overlooked by infantry platoon leaders. In the lessons-learned department, hand-thrown smoke canisters could have been more effective. They sunk in the snow and only about one in six actually did the job. The remedy: after pulling the pin set them in the snow and move back quickly.

New Environment—For the Snow Eagle exercise, a 158-man advance party readied material for the main body of over 1,300 soldiers. They unloaded equipment from railcars including 132 vehicles, ranging from five-ton trucks to 155mm howitzers. This was important training for the task force, being the first time the 3rd battalion moved all their material by rail. Lt. Col. Thomas Meyer, the advance party commander, said, with a tinge of pride: "They came to new environment, took a potentially complicated situation in a hostile area and got the job done. While not everything worked smoothly—dead batteries and stuck vehicles led the list—when you figure we had only three days and were up to 93 percent strength in equipment and ready to train when the main body arrived, I think that is the bottom line."

Staff Sgt. Robert Treusdell, an 18-year active and reserve veteran, from Company D, 42nd Maintenance, out of Utica, New York, typified the experience and outdoors expertise the National Guard brought to the exercise. "I do planting and insulation work in 10-degree weather, but the first night was really cold," remarked the Sergeant, displaying his well heated tent's pot belly stove. "It reaches nearly 80 degrees and that's sweating temperature. That sleeping bag is designed for comfort at 60 degrees below zero. Even outside, I taught our Ft. Campbell colleagues about

(Continued on page 30)



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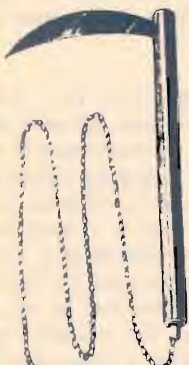


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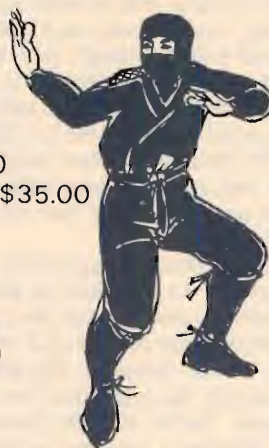
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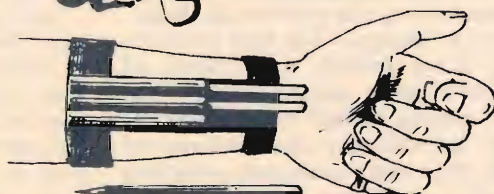
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Operation Snow Eagle

(Continued from page 29)

a quickly made igloo. By throwing a poncho over a foxhole and setting up two table candles you can raise temperatures to a pleasant 60 degrees.

"The 101sters arrived here with a lot of apprehension," he added. "They thought they'd freeze to death. But we taught them survival.

"Trenchfoot is a common cold weather threat where the lower extremities sustain exposure to wetness and cold, but short of freezing. Feet and toes become pale and numb and walking is difficult. If not treated, feet become painful and swell an in extreme cases, flesh can die making amputation mandatory.

"If trenchfoot develops," he continued, "wash them with plain soap, dry and elevate for exposure to room temperature. Don't massage or walk on them. Since prevention is worth a pound of cure, we had the men change socks frequently to control sweating and keep feet dry. And frequently they exercised by wiggling feet and toes inside their boots."

Maj. Dennis K. Kavanaugh is the youngish-looking field commander of the 1st of 174 infantry, with 20 years service as a Guardsman. Full of enthusiasm for Snow Eagle, he termed it a highlight of his career, along with the privilege of working with "real pros" in the 101st Airborne. He deprecated the Army's reliance on training in the summer mode as unrealistic, urging that more units participate in cold weather exercises applicable to Europe and northern climates.

"At any time, there's two Soviet Army divisions operating in cold environments for two-year stretches. During that time at the Arctic Circle, they endure sunless periods for 24 hours straight. We should be doing that too. The Soviet soldier shouldn't be the only one acclimatized to such adverse conditions.

"Snow Eagle proved we could function in a cold climate," he continued, a spark in his voice. "The troops arrived in a blizzard with only 100-foot visibility. Since our aircraft were grounded, we used alternate means, snow mobiles and big ahkios to move into the training area. The first night saw temperatures plunge to 20 degrees below zero, yet because the leadership kept a keen eye on the men, there wasn't one cold weather casualty. Over the following days, the soldiers employed snow shoes, skis and white overgarments on assaults just like the Finns and Norse did in WWII."

Snow Eagle allowed the troops to practice what the guidebook and classroom courses called for in extreme cold. "To keep vehicles running we employed additives, like motorists use dry gas," the

Continued on page 72

SURVIVALIST DIRECTORY

Continued from page 18

ASG 0517

North Creek, New York, survival group wishes to enlist new members, in New York and surrounding states.

ASG 0518

Ventnor, New Jersey, survivalist wants to contact other survivalists in United States, and would like to start a survival group.

ASG 0519

Miami, Florida, seeking survivalist interested in trading information of security systems, vitamins, trail food, and newsletter of import/export of Port of Miami.

ASG 0520

Upper Michigan area, would like to exchange ideas, information and possibly start a survival group.

ASG 0521

Milford, Massachusetts, northeast combat survivalist would like to be a complete "self sufficient" man with a family. Northeast groups or individuals only.

ASG 0522

Roanoke, Virginia, born-again, disabled veteran seeking cooperation and assistance to develop extreme potential near Dixie Caverns, Roanoke County, Virginia. Reasonable haste urged.

ASG 0523

Azle, Texas, young survivalist, outdoorsman interested in correspondence and information exchange. All letters answered.

ASG 0524

Great Falls, Montana, ex-USAF civil engineer in const. would like to get together with other individuals in Montana, Idaho, Wyoming and southern Alberta, eastern British Columbia, Canada. Would like to join or form a group in this area, also correspondence.

ASG 0525

LaGrange Park, Illinois, individual is relocating toward Twin Cities/St. Cloud area in Minnesota and wishes to communicate with well versed individuals on economic collapse, government intervention and on small scale NBC tactics and safe retreat areas in central Minnesota.

ASG 0526

Omaha, Nebraska, individuals would like contact with other survivalists in this area.

ASG 0527

Hickory, North Carolina, interested in starting or joining a survival organization in this area. Ex-USMC and currently in police/security field. Have had survival training and done some instruction. Send brief description of interests and skills. Serious-minded people only.

ASG 0528

Irving, Texas, new survivalist looking for others to exchange information and ideas.

ASG 0529

Flushing, New York, seeking other survivalists to start a family oriented group in Long Island area.

ASG 0530

Phoenix, Arizona, starting a new group in this area. Looking for interested parties.

Address response letters as follows:

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Your letters will be forwarded to persons listed within two days of receipt. *American Survival Guide* accepts no responsibility for loss or delay of inquiry letters. Contact letters that do not carry the appropriate code number will be discarded.

Those who wish to be added to the directory listing, please send names and addresses to *American Survival Guide*, 2145 West La Palma Avenue, Anaheim, CA 92801. The listing is free. ●

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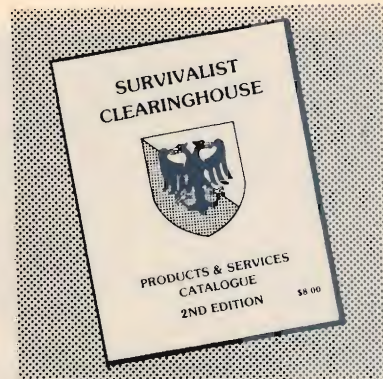


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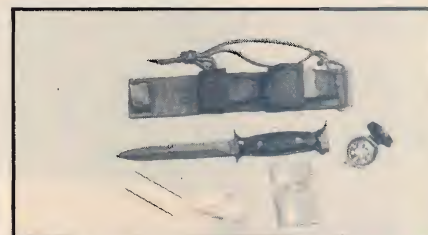
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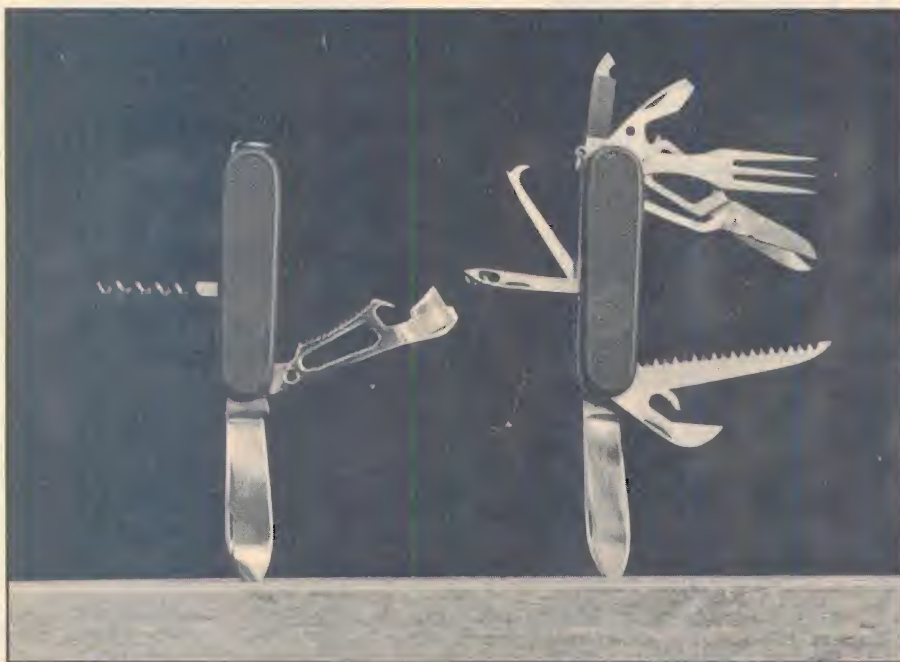
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The Utility Touch:

Aitor Knives

Besides their popular hollow-handle models, the firm has a large selection of fixed and folding blade cutlery . . .

By Jerry Younkins



The Gran Capitan with three blades and the Gran Campero with nine blades have olive drab handles. The Campero features a bullet extractor.



Three lockbacks offered by Aitor are from top the Ranger, Commando and Ardilla.

AITOR, though perhaps currently unfamiliar to many readers, is firmly establishing itself as one of the quality manufacturers of outdoor and survival cutlery.

First to achieve popularity in the American market has been their Jungle King II hollow handle, considered by this author to be one of the finest such knives available. New this year is their larger version of the hollow-handle concept, the Jungle King I.

While these two products have received the bulk of the publicity, Aitor also has a large selection of other knives, both fixed blade and folders, that readers may find of interest.

I find myself impressed with the quality and design of their folding knives. For years I have sworn by the Victorinox Trooper four blade, considering it an excellent value in survival tools and was glad when they introduced the Mauser model with the extra blade. Aitor, however, has a full line of these checkered olive drab handled folders with a wide selection of blade choices. It may be a peculiarity of my character but I have a hard time relating to a knife with a bright colored handle slab, and personal preference does play a great deal in the selection of a knife.

The two models I tested were the Gran Capitan and Gran Campero with nine blades. The Capitan has three blades, a utility, a corkscrew and a multipurpose blade with five functions. Please note that all prices listed in this article are suggested retail as my samples came from the importer who does not set the retail price. Suggested retail on the Capitan is \$20. The Campero is an excellent survival tool and perhaps its most unique feature is a cartridge extractor blade which shooters may find of interest. It also has a utility blade, scissors, fork, file, saw, can/bottle openers and screwdriver. Retail is \$45.

Other Knives—A number of lockback, single blade folders are also available. My personal favorite of the three tested was the Commando with its slender 5 3/8-inch blade that would be equally at home with fish, fowl or fisticuffs. Handle with index finger groove is of black micarta, one of the most durable of handle materials, blade is stainless. The Commando retails for \$24. The Ranger model offers identical features but has a wider, more general purpose blade and handle and retails for \$22.

There are now a number of new synthetic handle materials that help to produce an ultra-light knife. Such is the case with the polycarbonate handle on the Ardilla which weighs in at 3/5ths as much as the Commando and retail is a suggested \$10.

I feel, as do most other writers specializing in outdoor and survival equipment, that a fixed blade knife is mandatory for any serious situation be it back country or social breakdown but there is a perception, particularly among survivalists, that a knife must be huge and battle worthy. Those with practical experience will tell you that the utility use of a knife will far overshadow its defensive use and this should be taken into account in selection. The only situation where this consideration might not apply is when you know you are headed for combat.

Aitor knives are used by sportsmen and hunters worldwide for everyday use and the company offers a number of practical blade designs. The Hunter pattern is a full tang micarta handled mini-bowie with 5-inch blade. It is comfortable to hold with a contoured handle and finger slot at the choil for choking up as you work. Retail is \$52. The Aitor Skinner model is, like the companion Hunter, a full tang micarta handled knife but the blade shape has a wider, arced blade ideal of flaying. A good working knife, it retails for \$53.

A small utility knife that would be an asset in the glove box (depending on local legal restrictions) or in the trunk is the Black Scout with a 4 1/3-inch single edge blade. Serrations run the final rear 1 1/2-inches of the blade and atop the spine are saw teeth. The handle doubles as a home for both a corkscrew and a can/bottle opener, screwdriver blade. Retail is \$21. A version is also offered with a solid handle and no saw teeth for \$12.

Aitor, in addition to their hollow handles, has a large full tang survival knife called the Safari, reminiscent of the Puma White Hunter pattern. The knife, of 1/4-inch thickness, has an 8-inch blade with a wide flaying point. This is a very powerful knife and could butcher large animals or help in the construction of expedient shelter. The Safari is of very high quality. Retail is \$78.

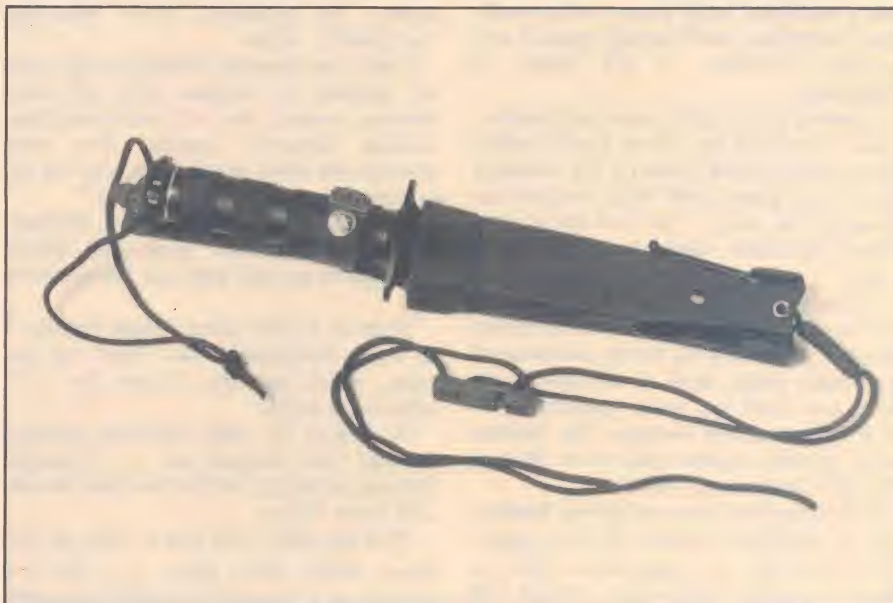
Readers may locate a local dealer throughout the U.S. by contacting the importer, Catocin Cutlery, Box 188, 17 South Main St., Smithsburg, MD 21783, (301) 824-7416. ●



Here are six fixed-blade Aitor knives.



The Safari is a large, full tang survival knife.

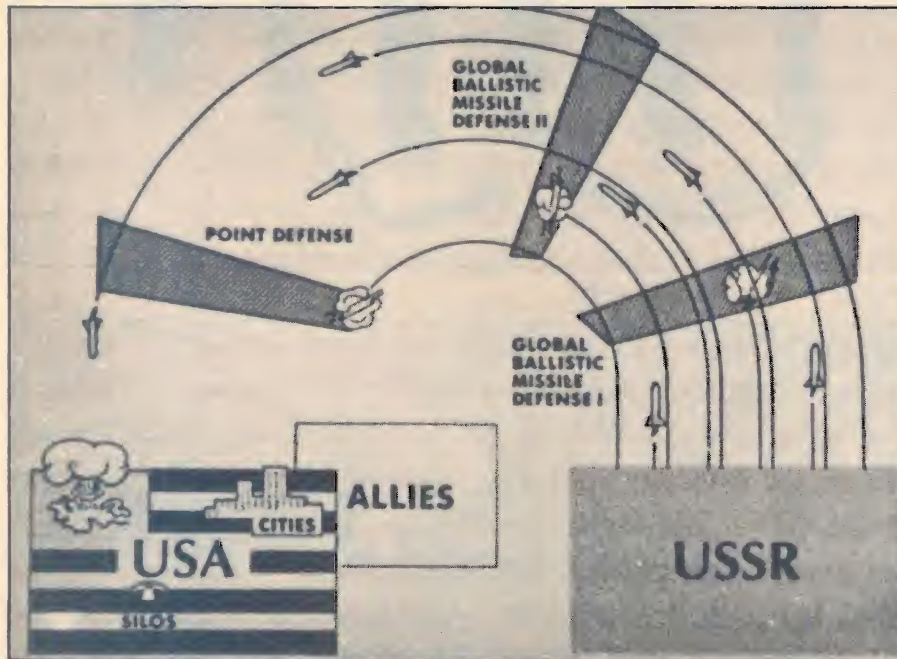


The Jungle King II was the first Aitor knife to achieve popularity on the U.S. market.

An End To MADness

Defense against ballistic missiles envisioned in the High Frontier concept is one of a series of three defensive 'layers' . . .

By Michael Pietrantonio



The three layers of defense making up High Frontier (courtesy of the High Frontier project).

IN FEUDAL JAPAN, adherence to treaties was customarily guaranteed by an exchange of family members. The family members, while always treated well, were nonetheless held hostage against any possible violations of the treaty or agreement.

Needless to say, the system had its drawbacks. It worked for only as long as either leader placed more value on the hostages than on any gains which might be made by violating the treaty. The end result was, almost invariably, dead hostages and new wars.

Today the United States and the Soviet Union maintain the "peace" in a similar manner. Instead of the family members of the leader being used as hostages, both sides now hold the *entire* population of each other's nation hostage. The modern name for this ancient practice is Mutual Assured Destruction, MAD.

MAD has been the underlying foundation of relations between the two superpowers for the past generation. Like its feudal Japanese counterpart, MAD will function for only as long as the price paid in starting a conflict outweighs the benefits

of *winning* that conflict. Winning in a nuclear context can be defined as the perception of one side that it can completely destroy its opponent while incurring "acceptable" losses.

Under the doctrine of MAD both sides are allowed to increase their offensive weapons systems, but are prohibited from creating defensive systems. You may threaten the other side but you may not try to directly protect your "hostages."

One has only to think of the inherent twisting of common sense that MAD requires, to see just how apt the acronym is.

There is a plan called "High Frontier" or more commonly "Star Wars" by the press, which attempts to end the U.S. reliance on MAD.

On March 23, 1983 President Reagan outlined his proposal for a "Strategic Defense Initiative" to the American people with these words:

"Let me share with you a vision of the future which offers hope. It is that we embark on a program to counter the awesome Soviet missile threat with means that are defensive . . . What if free people could

live secure in the knowledge that their security did not rest upon the threat of instant U.S. retaliation to deter a Soviet attack, that we could intercept and destroy strategic ballistic missiles before they reached our soil or that of our allies? . . . Would it not be better to save lives than to avenge them?"

In this speech President Reagan proposed a radical change in the strategic doctrine of the United States.

The MAD concept of deterrence was adopted in the 1960s by the U.S. as a means of countering the rapidly increasing number of Soviet ballistic missiles. The Soviet embarrassment during the Cuban missile crisis, and their subsequent vow to never allow a repetition of such an incident was, by the mid 1960s, being seen as deployed weapons, not just words.

As the ability of the Soviet Union to strike the U.S. with ICBMs grew, U.S. strategic planners were forced to create new plans to meet the new threat. The policy decided upon was MAD. MAD simply stated that the U.S. would maintain the ability to absorb a Soviet first strike and to retaliate massively against Soviet population and industrial targets. It must not be forgotten that this policy was a unilateral strategic policy adopted by the U.S., and not the result of some U.S.-Soviet behind the scenes agreement. In fact, while the Soviets have paid lip service in public to MAD, it has never been seen as a part of Soviet strategic doctrine by their planners.

During the 1960s and 1970s the U.S. strove to maintain its capacity for retaliation. During the same period of time how-



Moscow is the only city in the world with a functioning ABM system and it is being expanded to increase its effectiveness (Department of Defense, Soviet Military Power).

ever, the Soviets continued their offensive missile buildups and programs such as civil defense and others which undermined the foundations of MAD.

In keeping with the tenets of MAD the U.S. all but abandoned its civil defense program in the 1960s. Previously designated shelter areas, which had been stocked with food, medical supplies, and radiologic monitoring equipment were allowed to deteriorate and become useless.

The Soviet Union did not adhere to a similar policy. Indeed in 1961 the Soviet civil defense program was transferred from civilian to military control. In 1972, a Colonel-General, A.T. Altunin, was given command of the entire Soviet civil defense network. At the same time, civil defense was elevated to a "strategic" level of importance within the USSR.

The current level of civil defense in the Soviet Union is estimated by the CIA to involve over 100,000 military and civilian personnel, under direct military supervision. The annual civil defense budget in the Soviet Union is estimated to be approximately \$2 billion.

A continuous flow of publications, relating to all aspects of civil defense is aimed at the general public within the USSR. Millions of Soviet children in "Young Pioneer" camps are taught to build expedient shelters and decontamination procedures, along with basic survival training.

In May 1972 the U.S. and the USSR signed the Anti-Ballistic Missile (ABM) treaty. The treaty, along with a subsequent agreement in 1974 limits both sides to deploying one ABM system only. The system may be deployed around a nation's capital or around an ICBM field.

The results of the ABM treaty are interesting to observe. The U.S. decided that no measures would be taken to protect Washington, D.C., but that we would deploy a system around a missile silo field.

On October 1, 1975 the only U.S. ABM system to ever become operational was put on line at the Grand Forks Air Force Base in North Dakota, with the intent of protecting the Minuteman ICBM wing based there. *On the following day* Congress ordered the system deactivated. It is still deactivated.

The Soviet Union, on the other hand, took full advantage of the ABM treaty provisions allowing a defensive system around their capital. Moscow is now the only city in the world to have some level of ballistic missile defense. The Moscow ABM system, using a missile called GALOSH is currently being expanded from its present 64 launchers, to the maximum allowed under the treaty, 100.

Most interesting is that the Soviets chose not to defend an ICBM site with their ABM system. The reason for this decision is self evident. Soviet ICBMs are first strike offensive weapons. They are intended to be launched before the U.S. launches a retaliatory strike. An ABM system would only be defending empty missile silos. On the



A test model of a Soviet space plane being recovered. An estimated 70 percent of all Soviet space missions are military in nature (Department of Defense, *Soviet Military Power*).



A "truck," part of GBMD 1, firing a carrier vehicle at an ICBM (courtesy of High Frontier project).

other hand, Moscow is a retaliatory target of the U.S. to be hit after we have been attacked. The ABM system around Moscow is intended to preserve at least some of the governmental and command structure of the Soviet Union. The deployment of the one permitted ABM system around Moscow, and not around an ICBM field illustrates plainly the Soviet Unions' rejection of MAD.

High Frontier—The defense against ballistic missiles envisioned in the High Frontier concept is one of a series of three defensive "layers." These layers cover the entire trajectory of missiles launched at the U.S. Each layer will destroy a percentage of the missiles passing through it. At the end of the third layer, it is estimated that

90 percent or more of the total warheads launched will have been destroyed.

None of the weapons which would comprise the spaceborne portion of the system would use nuclear weapons to destroy the target. High Frontier would not introduce nuclear weapons into space. Much of the non-nuclear, defensive technology needed for High Frontier is already available.

The first layer, known as "Global Ballistic Missile Defense 1," GBMD 1, would utilize unmanned orbital platforms to attack Soviet missiles in the early stages of flight. "Killing" missiles soon after launch has the advantage of destroying up to 10 individual nuclear warheads per missile, if the missile hit is of a Multiple Independent

Continued on page 60



Gunshot Wounds

Major surgery of any kind may not be safe or possible . . .

By Michael Cammlisa

Photos courtesy of Department of the Army

GUNSHOT WOUNDS are classified as contused or contused-lacerated wounds that are inflicted by materials projected by explosives. Gunshot wounds vary in severity from a minor "graze" wound that results in a laceration, to almost instant death from hemorrhage or destruction of the central nervous system. Gunshot wounds are one of the most common and medically complex problems facing specialists in emergency medicine.

In a disaster, the survival paramedic may have to treat victims of gunshot wounds. From the standpoint of medical management, the paramedic will be faced with the most serious and challenging of trauma management in light of the conditions he is likely to be working under. Gunshot wounds can cause severe internal injuries that cannot be adequately treated without complex equipment and trained surgeons. Under disaster emergency medicine conditions, gunshot wounds will pose the most serious problems for medics deciding how much care should be rendered for a casualty in the field.

Major surgery of any kind may not be safe or possible under disaster conditions in the field. It is quite probable that a widespread disaster may involve a considerable delay in reaching staffed medical facilities. If a gunshot casualty does require rapid surgical treatment, it will be necessary to stabilize the casualty properly so that delayed surgical treatment can be obtained. The best approach to the problem is to assess the major field requirements of a casualty that has sustained a serious gunshot wound.

Gunshot wounds of a serious nature cause death by hemorrhage resulting in severe and ultimately fatal shock. A high velocity gunshot wound of the brain frequently results in complete disorganization of the brain substance, and this results in instantaneous death. The heart and great blood vessels bleed so rapidly when wounded by a bullet that the casualty often succumbs moments after the wound is inflicted. If a person survives for more than an hour what appears to be a penetration of the head, chest, abdomen or extremities by a bullet or bullets, the major vessels have likely escaped serious injury.

It is the development of severe shock from continued loss of blood and body fluids combined with the development of infection in the wound tract which

threaten the life of a casualty that survives the initial wounding. Field management is directed at the treatment of shock and the treatment of the wound to prevent further blood loss, pain and the development of infection. In order to properly provide this care it is necessary to possess advanced medical equipment and training in the management of serious trauma. No more than is necessary to stabilize the condition of the casualty in the field should be done. If a good physical condition can be maintained long enough for the casualty to reach a hospital, the goal of disaster emergency medicine had been realized.

SHOCK TREATMENT FOR GUNSHOT WOUNDS

I. Assessment of Wound.

A. Location and type—Gunshot wounds are either penetrating (entrance wound and no exit wound) or perforating (through-and-through). The entrance wound is usually a small, ragged circular opening surrounded by a contused area that is more or less circular. The wound may be oval or elliptical in shape if the bullet had yaw because of deflection or tumbling. The wound of exit varies depending on whether the wound was caused by a low or high velocity bullet, and by the secondary wound ballistics of the missile. It may be a large wound with much tissue loss or similar to the wound of entrance in appearance.

What is unknown under field conditions is the degree of damage present along the wound track. Bullets traveling at high velocity (mainly rifle bullets) create tissue damage for a considerable distance around the actual track of the bullet due to a "cavitation effect." This effect is the result of the lateral dispersion of energy along the wound trail. Deflection of the bullet in the body by a bone causes the missile to change course, tumble and create secondary missiles out of bone fragments. Without x-ray capability and explorative surgery it is impossible to learn the exact extent of the damage caused by the bullet.

Estimation of blood loss is only possible for the external loss which is visible on the clothes and on the ground. The degree of internal bleeding cannot be estimated in the field. It is only possible to ascertain the degree of shock suffered by the casualty at the time treatment is initiated.

B. Assessment of Shock—To accurately assess the degree of shock it is necessary to be able to measure blood pressure. This requires a stethoscope and a blood pressure cuff of the aneroid type. The BP cuff may also be used as a tourniquet for severe extremity wounds.

The blood pressure equipment is the only specialized equipment that is needed to assess the level of shock in a gunshot casualty, the rest of physical assessment is based on observing certain signs and symptoms and the performance of a few simple tests. Signs and Symptoms of Shock are: 1. Prostration, but consciousness is usually maintained. 2. Severe thirst. The casualty is more likely to complain of thirst than pain. 3. Dull, lackluster eyes. 4. Skin is cool, clammy and ashen in color. 5. Blood pressure becomes progressively and then rapidly lower as shock deepens. 6. Confusion, slurring of speech and apprehension are present, becoming more severe as shock deepens. 7. Paleness is noted around the mouth, and the lips may be blue unless hemorrhage has been severe. The nailbeds are ashen or bluish. 8. Urine output becomes less and less as shock progresses, eventually resulting in a complete cessation of flow. 9. Jugular veins do not fill when the casualty is lying flat. 10. Casualty cannot tolerate being tilted rapidly into a sitting position, with dizziness resulting in moderate shock with an increase in pulse and a drop of blood pressure being noted.

C. Treatment of Shock—At this point it is clear the type of wound caused by the bullet and the degree of shock it has caused. The assessment phase should only take a few minutes, only to be deferred when immediate resuscitation (CPR) is required, or to staunch alarming external bleeding. Shock treatment for a gunshot casualty will often require the use of replacement intravenous therapy. IV replacement therapy is an advanced medical procedure that should not be performed by lay persons. A paramedic trained in IV therapy should be the only one to apply such treatment in the field. Immediate first aid for shock should be done by anyone reaching the casualty regardless of the ability to gauge the degree of shock present.

First Aid Procedures—The casualty should be kept resting and lying down unless a wound of the face necessitates



Gunshot fractures must be properly immobilized before transport of the casualty.



Inspection of the wound is important to determine the amount of damage done by the bullet.



Irrigation or cleansing of a gunshot wound is one of the main methods of treatment to prevent infection.



A pressurized spray is useful for removing dirt from the wound.

placing him on the stomach to allow for the drainage of oral secretions. The legs should be raised six inches above the level of the heart.

Conserve body heat by the use of blankets. Do not use artificial heat as this may result in skin burns. An aluminum "space blanket" reflects 80 percent of body heat, and should always be present in the first aid kit. Do not give fluids by mouth except when the casualty is conscious and exhibiting the signs of mild shock only. Vomiting and aspiration (drawing fluid into the lungs) may occur to those suffering moderate and severe shock.

In moderate and severe shock it will be necessary to gain access to the circulation and administer fluids intravenously to restore the circulating blood volume. IV therapy is mandatory for stabilization of a gunshot casualty in the field. The survival paramedic must stockpile a complete IV therapy kit with the emphasis placed on a sufficient amount of standard IV fluids.

A standard IV starter kit contains: 1. 500 ml plastic administration bag of Dextran (other fluids may be chosen, i.e. 0.9 percent NaCl or lactated Ringer's solution). 2. Needles, short bevel, 20 gauge, 2 inches long. 3. Disposable infusion sets. 4. Skin tape and gauze pads. 5. 1 Kelly clamp and antiseptic ointment (Efodine).

Intravenous Replacement Procedure: 1. Obtaining access to the circulation—This technical problem may be simple or impossible depending on the level of shock caused by the gunshot wound. The

casualty may have lost so much blood that all superficial veins are collapsed. A BP cuff tourniquet is placed on an uninjured upper extremity and is inflated to 40 mmHg. of pressure. Check the pulse at the wrist. If shock is moderate, the superficial veins will become prominent as the casualty opens and closes his hand.

2. Select a large, prominent vein and cleanse the skin thoroughly over it with soap and water. Apply betadine or alcohol.

3. Assemble IV set by placing infusion device into plastic bag inlet port. Clear tubing of air by flushing with solution. Attach infusion needle to IV line.

4. Hold casualty's arm in one hand and stretch the skin tight over the vein with the thumb directly below the site of insertion.

5. Hold needle parallel to vein with the bevel upward. It should be inserted quickly through the skin and then deliberately into the vein. This is a two-step action to avoid injury to the vein. A "give" is felt as the needle enters the vein. The needle should be inserted 3/4 of its length into the vein, not all the way to the hub of the needle! Backflow of blood into the tubing indicate proper placement. Secure needle in position with tape. **RELEASE TOURNIQUET!!**

6. Open flow of solution and set drip rate to rapid flow to treat moderate and severe shock. **Rapid replacement of fluid is essential to save the life of a casualty without blood pressure and pulseless when treated. Surgical cannulation insertion of a**

Continued on page 38

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Gunshot Wounds

Continued from page 37



Shock treatment in the field will often be necessary for gunshot wounds.



A plaster cast is often used in treatment of gunshot fractures.

tube in a vein is necessary to administer fluids in this situation. A gravity head of 2 to 3 feet is used to ensure a rapid flow of fluid. The IV bag may be suspended on a rifle or makeshift pole in the field.

GUNSHOT WOUND CARE PROCEDURES

Once shock has been adequately treated, care of the wound should be considered the next management goal. Shock treatment (primarily IV therapy) must be delayed if massive external bleeding is present from the wound. Severe hemorrhage is most likely to result from a serious blood vessel injury in an extremity wound when hemorrhage is external. Fortunately this can be adequately treated by the application of tourniquet if the wound is a massive one. Pressure application and wound packing may be used in less serious injuries, and are preferred if medical attention is going to be delayed past 24 hours. Long term application of a tourniquet can and will result in a loss of the extremity if exclusively relied on to prevent bleeding.

Wound care is directed at stopping bleeding and preventing overwhelming wound infection. Fractures caused by the bullet must be adequately splinted before transport. Pain must be controlled with narcotic analgesics if the wound pain is severe. For convenience, the care of gunshot wounds is divided into body regions, as each area has special wound care needs.

Care of Head Wounds—Gunshot wounds of the head should receive thorough cleansing of all dirt and contamination prior to the application of dressing. A stream of normal saline through a bulb syringe should be used to mechanically remove as much debris as possible. After irrigation, the area should be scrubbed with antibacterial soap after the wound itself has been protected by placing fluffed sterile gauze into it. Then all obvious foreign bodies should be picked

out with fine tipped splinter forceps that are sterile. Note: Gloves and mask should be worn during wound prophylaxis procedures in all areas of the body. Hands should be scrubbed for five minutes by the clock with antibacterial soap before donning sterile surgical gloves.

After the wound has been completely cleaned, a dry dressing of fluffed sterile gauze should be placed and secured by the application of a stretchable sterile bandage such as Kling or an ACE wrap. No attempt should be made to remove damaged brain substance or bone fragments still attached to the tissues. If damaged brain tissue is present in the wound, place fluffed sterile gauze saturated with 0.9 percent saline over the exposed brain and then cover with a dry dressing.

Bleeding is the major problem from torn scalp blood vessels and the dressing may become soaked with blood. If blood shows through the dressing, apply another dry dressing over it. Do not redress the wound for blood soaked dressings. Spinal fluid may leak from the wound or from the ears. This reveals itself by a clear zone around blood soaked into cloth. Do not prevent this fluid from draining by tight packing, but instead provide for its collection.

Care of Chest Wounds—Gunshot wounds of the chest are a danger to life initially from severe blood loss from the heart and great vessels, and later from accumulation of blood or air in the chest and from the development of infection.

All gunshot wounds of the chest should be treated as if penetration of the pleura (membranes surrounding the lungs that maintain a vacuum inside the chest) has taken place. This is known as a "sucking chest wound" because the wound makes sucking noises with each inspiration. Unrelieved, this results in a collapse of the lung on the affected side. Bleeding into the chest may also collapse the lung on the affected side, but this does not, as a rule, occur as rapidly as air accumulation from

a pleural wound. Chest wounds may suck immediately after wounding, or later on when the casualty changes position or the wound is given prophylaxis.

First care consists of assessing the function of the respiratory system. Accumulation of mucus and secretions in the lungs and bronchial tree may immediately threaten life, and must be treated rapidly by suction before anything else is done. The wound(s) of the chest must be dressed as if they are pleural penetrations by the application of an airtight dressing.

Wound prophylaxis **SHOULD NOT** be done in the field, but should wait until medical facilities are reached. The airtight dressing should be made from any non-permeable substances such as plastic wrap, cellophane, rubber dam etc. This is applied directly over the wound and a careful taping of the borders is done, ensuring an airtight seal. Dry gauze is placed over this and overlapping skin tape is placed with a wide margin overlapping the gauze pads. This should effectively seal any air-leaks until a chest surgeon becomes available.

Because of the delay in wound prophylaxis, large doses of antibiotics should be administered in the field. Special care should be given to keeping the tracheo-bronchial tree clear of secretions, blood and mucus during transport using improvised suction apparatus.

Care of Abdominal Wounds—Gunshot wounds of the abdomen are not accessible to any effective first care measures capable of being delivered in the field. Most bleeding is hidden internally and the leakage of bowel contents does not usually occur outwardly. The degree of shock and some local abdominal signs such as tenderness and rigidity of abdominal muscles are all that can be relied upon to indicate the extent of internal damage from the bullet. Transport must be rapid, with ongoing IV replacement therapy and decompression of the stomach with a nasogastric tube using improvised suction.

An especially serious emergency exists when the bullet has caused evisceration of the abdominal organs. Under field conditions, with delayed evacuation a fact of life, it may be necessary to violate prime first aid rules and replace the organs back into the abdominal cavity. This cannot be done if perforation of the hollow organs is obvious, but if not the exposed organs can be carefully washed and gently replaced. If evacuation time is short (less than 24 hours), it is prudent to cover the exposed organs with Surigipads soaked in sterile normal saline and then covered with a dry sterile bulky dressing. This emergency

Continued on page 67

buyers guide

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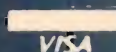
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Cage

M-14 Look-Alike

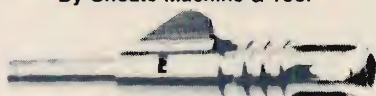
These all steel or Stainless Steel Suppressor and sight units replace your original front sight and are permanently attached to the barrel with a 1/8" spring steel pin. You will find that the M-16 style wing and post sight will allow you to shoot faster and more accurately. The bottom slot on all our units is closed (just like the new M-16 A-2) to help stabilize the muzzle.

Order No. Flash Suppressors

1240 — Cage winged front sight, blue	\$30.00
1241 — Cage winged front sight stainless steel	33.00
1246 — M-14 look alike winged front sight, blue	30.00
1247 — M-14 look alike winged front sight, stainless steel	33.00

NEW Mini-14 Slip-on Flash Suppressor

By Choate Machine & Tool



Fits over factory front sight. No alteration to rifle required.

Order No. 1248 — Slip-on Flash Suppressor, Blue	\$19.95
Order No. 1249 — Slip-on Flash Suppressor, Stainless Steel	22.95

Mini-14 Bayonet Lug

By Choate Machine & Tool

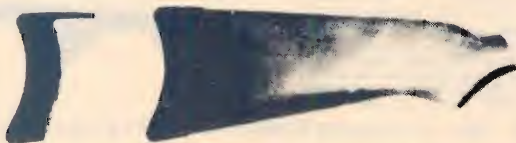


The Mini-14 Bayonet lug is a two piece clamp on type. It uses a common M-16 bayonet, and will only fit a rifle that has a #1240 or #1241 flash suppressor installed. The lug is machined from solid bar stock, and is furnished in either blue or stainless.

NOTE: M-16 bayonet is not furnished!

Order No. 1257 — Bayonet Lug, Blue	\$22.00
1258 — Bayonet Lug, Stainless steel	\$25.00

Extended Butt Plate By Choate Machine & Tool



This butt plate is made of a rubberized plastic material that really sticks to your shoulder, and won't slip like the slick factory butt plate.

As many of you know, the factory stock on the Mini-14* is just too short. This butt plate extends the length of pull by 1 inch.

If your coat size is larger than a 36 short, you will find this extended buttplate very useful.

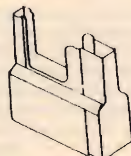
It will also fit most 10-22's, 44 mags, and #3 single shots.

Order No. 1263 — Extended butt plate, black (will not fit Ranch model)	\$15.00
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Ruger Mini-14 Stripper Clip Guide

If you think you will ever be in a combat situation, you should consider this guide. It is made of stainless steel and guaranteed forever. They use a common M-16 10ctg. stripper clip. It fits over the magazine and guides 10 ctgs. into the magazine.

Order No. 1270 — Mini 14 only	\$5.00
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#1285 Mini-14 Bandoleer Set includes 1 bandoleer, 14 strippers, 7 cardboard 1 clip charger	\$8.95
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WASP Systems Mini-14 Scope Mount



This complete sighting system for the Mini-14 is of all steel construction complete with fully adjustable rear aperture sight. Allows scope to mount low on the receiver yet allows maximum ejection port clearance. Fits all models of the Ruger Mini-14 with no drilling or tapping required.

Order No.

1252 — WASP Systems scope mount, blue w/Weaver Base	\$49.95
1253 — WASP Systems scope mount, nickel w/Weaver Base	\$54.95
B5098R14 — For Beeman SS-1 or SS-2 Scopes	\$49.95

The Armson scope mount allows use of original factory sights and installs without modification. This sturdy, light weight mount is made of a blue anodized alloy. Fits 181 & later series Mini-14.

1254 — Mini-14 Scope Mount by Armson (fits 181 & later series only)	\$39.95
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The new Beeman MS-1 (as shown above) features super optics in a very compact package. The full one inch tube allows mounting with standard 1" rings.

Order No. B5064 — MS-1 Compact 4x18 scope	\$129.95
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The Armson O.E.G. is a "reflex" sighting system, where the red dot is, it hits. The Mini-14 model includes the base for a simple bolt on installation. Allows use of iron sights, for 181 and later series Mini-14s only. Order No. 2Mini-14 - Armson O.E.G.

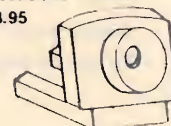
	\$159.95
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Ruger Mini-14 Sight Adjustment Tool

Order No. 1255	\$8.95
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Ruger Mini-14 Rear Sight with Hooded Aperture

Order NO. 1256	\$2.00
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Ruger Mini-14 Magazines



Order No. 1261 — 30 RD. Factory Ruger Magazine, blue	\$19.50
1262 — 30 RD. Factory Ruger Magazine, blue	25.00
1268 — 20 RD. Federal Ordnance, blue	9.90
1269 — 20 RD. Federal Ordnance, nickel	13.00
1259 — 30 RD. Federal Ordnance, blue	12.75
1266 — 30 RD. Federal Ordnance, nickel	15.00
1260 — 40 RD. Federal Ordnance, blue	22.00
1267 — 40 RD. Federal Ordnance, nickel	25.00
1263 — 30 RD. Thermoid Magazine, constructed of black zytel	15.95

L.L. Baston Co. buyers guide

RUGER 10-22



Your Ruger 10/22 will take on a delightful new character when you place it into our new pistol grip stock or our proven design folding stock. Both stocks are made of fiberglass-filled heat resistant plastic and carry a lifetime guarantee. The folding stock uses the same high quality mechanism as the assault rifle and shotgun folder that we've sold for years. You will really enjoy the lightweight, easy handling stocks whether you're into survival, hunting, or just plinking.

- 7127** — Ruger 10/22 Pistol Grip Stock with handguard **\$44.95**
7101 — Ruger 10/22 Folding Stock with handguard **67.95**

NEW! ECONOMY FOLDING STOCK

from Choate machine & Tool
 This new Economy Folding Stock utilizes the same proven locking system as our first line folder, however, the plastic is formulated from ABS instead of Zytel and the butt pad is molded as an intricate part of the stock.



- 7101E** - Ruger 10/22 Economy Folding Stock & handguard **\$50**



7110 — Choate Ventilated Handguard (heat resistant plastic) **\$8.00**

#7120 Magazine Kwik Release — This assault rifle type release makes magazine changes fast and easy **\$4.95**



#7100 — Slip-On Flash Suppressor. Blue **\$14.95**
 This flash hider attaches to any 10/22 with no modification required



- #7107** — Dual Magazine Holder for Ruger 10/22 — Joins two factory magazines together **\$4.95**
#7108 — Quad Magazine Holder joins four factory magazines together **\$9.95**
 New! Speed Magazine Loader for 10/22 magazines. Just place shells in the rack, slip over magazine, and pull handle. Adapts to Ram Line, Condor, Eaton, Bingham, and factory Ruger 10/22 magazines.
ML022 - Magazine Loader for 10/22 **\$31.95**

ARMSON O.E.G.[®]

Smaller but just as rugged, the Armson .22 is designed to fit .22 rifles, airguns and handguns with a 3/8" dove tail.



- .22DO** - Daylight only sight with 3/8" dove tail mount **\$74.95**
.22D/N - Day or Night sight with 3/8" dove tail mount **\$99.95**

BMF Activator for 10/22 Ruger

Turn your 10/22 into a legal machine gun. This activator works on the same principle as the famous Gatling Gun. The rate of fire is controlled by the speed that you crank. We recommend that you also purchase a bipod and one of our high-capacity magazines to get the most out of your Activator. No modification required.



- #11201 BMF Activator** **\$19.95**

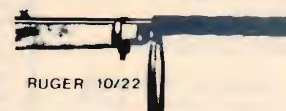


#11202 - Clamp-On Bipod — Is designed for the AR-15/M-16. This fiberglass and plastic bipod is durable enough to use on all .22's, 9mm and .22 rifles. It clamps to the barrel by spring tension and will also lock closed for carrying **\$12.00**

Case for folding Bipods

Will attach to military utility belts

- #11203C** — Leaf pattern Camo Case for folding bipods **\$5.00**
#11203B — SWAT Black **\$5.00**



RUGER 10/22

- 7150** - E&L Barrel Shroud for 10/22 with handle **\$34.95**

- R4004** - Factory Scope Base for Ruger 10/22 **\$6.95**



Ruger 10/22 Interchangeable Combo

10/22 owners will love the new sight system. Highly visible and super accurate because the blaze orange and white bar front sights contrast so well against the background. The rear sight blade provides a sharp horizontal sighting plane with a deep notch for fast sighting. The Ruger 10/22 Interchangeable Combo is sold with or without the quickchange front sight feature. Your choice of white outline or target rear blades. Interchangeable Combo includes 2 front sights, white bar and blaze orange.

- RF01** - 10/22 Sights with Quickchange front sight **\$77.69**
RF03 - 10/22 rear & front sight (specify color) **\$56.95**

Ruger 10/22 Magazines



- #7104** — 10 RD Factory Ruger 10/22 Magazine **\$6.95**
#7103 — 25 RD Condor Magazine Two magazines will snap together **\$10.95**
#7118 — Ram-Line 30 RD Black Anti-Jam design **\$8.95**
#7119 — Ram-Line 30 See-Thru Magazine **\$10.95**
#7106 — Bingham 30 RD all steel, single column magazine w/adaptor. **\$20.00**
#7106A — Extra Bingham 30 RD Magazines **\$12.95**
#7109B — 50 RD Mitchell Drum-Combines reliability with efficient tear-drop shape. Each drum has a belt clip for ease of carrying. Black with clear cover **\$32.95**
#7295B — Padded Drop Pouch (brown, blue or green) **\$10.95**

Car Care Kits

Suggested components for rudimentary automotive first aid kits . . .

By Barry Smith and Jerry Younkins

WHEN BEN FRANKLIN quipped that "An ounce of prevention is worth a pound of cure," the automobile was still almost a century and a half into the future and our great statesman/inventor could not have guessed how applicable the preventive maintenance factor would be in keeping the modern vehicle running.

In this article we will suggest components for a rudimentary automotive first aid kit including basic tools, fluids, parts and accessories. The application of these items, however, will depend on the owner's knowledge of his or her vehicle and there is no suggestion that we could make in this area of greater value than the following: Novice car tinkerers should locate an adult education program in their community that instructs in basic vehicle maintenance and minor repair. These classes are commonly offered and will save the student

both time and money in the long run for just a little effort.

Believe it or not there are still people out there who will not use self-service gas pumps because they haven't figured out how they work. You may or may not wish to change your own oil but you should certainly have the knowledge to check the level and add a quart if needed.

It should be noted that many new model vehicles are becoming more and more complex for owner repair. This is because many of the systems are not readily accessible. With advances in electric monitoring systems in vehicles, this complexity is bound to increase. This should surprise no one since many auto dealerships make a large percentage of their incomes on repair and maintenance.

Tool Kit—Your selection of tools will depend on the age, nationality and reli-

ability of your vehicle with newer vehicles often needing a less developed kit since they are more difficult to work on. Imported cars, including most small American imports, require metric tools. Consult the owner's manual or your dealer to determine the type of tools necessary if in doubt. You should also have a repair and maintenance manual that is written for your make and year vehicle.

If a vehicle has a known weakness, such as a sticking linkage or balky ignition system, special tools may be included to address these routine ailments. We know of a 1973 pickup with a manual transmission that would occasionally lock out of gear. The owner carried in his tool kit a stick of predetermined length that he would wedge between the seat and clutch to depress the clutch and allow him to get under the hood and manually move the

Continued on page 64



A compact tool kit for minor emergencies.



Puncture Seal allows temporary driving on a punctured tire.



Repair items carried in a car or truck might include various ties, tape and an electrical terminal assortment.

Pest Control

Insects, rats and other animals pose a serious hazard . . .

By Duncan Long

MODERN MAN has trouble realizing how serious a problem pests can be. Even the word "pest" (a word whose root comes from the same Latin word that "plague" and "pestilence" come from) has been degraded to mean little more than an annoyance. Insecticides, antibiotics, traps, etc., have all brought the problem of pests into check so that we can go about life without much worry of malaria or food spoilage.

But in the aftermath of a nuclear war or a break down of society, that could all quickly change. Pests often are able to multiply faster than their natural enemies and many (including rats, flies, and cockroaches) have a high resistance to radiation. Thus, it is possible that a "plague" of grasshoppers, mice, or other pests might engulf an area following any major upset in the environment.

Though nature has a way of compensating to bring such situations back into balance, it takes time. You may not have the year or so of time it takes for things to even out. You need to be able to "help" things along.

I like to think of this battle against pests as a real war. Just as a war can't be waged effectively with only one type of weapon, so too, the "Pest Campaigns" can't be waged with just one technique. A number of "fronts" and a wide range of weapons is called for.

Chemical warfare? You bet; pests haven't signed any pacts with you so they're fair game. Chemicals can be divided into two classes: those that repel pests and those that actually kill the animals. Generally, the repellents are easier to use and also safer. Therefore you should use these first.

Flies, mosquitoes, and ticks are all dangerous to your health and your first line of defense with these is a good insect repellent. While most commercial repellents are good, there are two chemicals that are considerably better than the others found in most repellents. The repellents containing these are more expensive, but the extra cost is worth it in a survival situation.

The repellent chemicals are N, N-diethyl-meta-toluamide ("deet" for short) and ethyl hexanediol. Deet is the better of the two but both are very effective. When you're looking for repellents, check the contents label for one of these two chemicals.



Commercial insecticides might prove invaluable during the first year after an environmental disaster.

Several natural occurring chemicals act as repellents to insects and can be used to keep insects out of your living area. While not as effective as commercial repellents, they may be more readily available during an emergency. These chemicals can be found in the following off-the-shelf sources: clove oil, pepper (of all types), camphor, bay oil, and cucumbers. Generally, just grind up a combination of the stuff, add some water or alcohol to the mix, and spread it where you don't want six legged enemies to be walking (while these concoctions have some effect on winged insects, they work best with crawling insects).

When an insect gets into your living area, more than a repellent is needed. That's when you call out the lethal chemical weapons. While most household arsenal spray "weapons" will often do the trick, they don't have as long a shelf life as one might hope for. Nevertheless, you'd be wise to have some cans of Raid or whatever in your survival stockpiles for use in an emergency following the aftermath of a disaster. These chemicals would be especially useful during the first year or two following a nuclear war or similar collapse when nature's balance might be all out of whack.



While not for everyday use, chlordane would be a good insecticide to have on hand in emergencies.

One insecticide that has an extremely long shelf life is chlordane. Currently this chemical has been banned from over-the-counter sales because a number of insects have been developing resistance to it and there is some indication that there may be long-term health hazards from casual use of it.

BUT . . .

It is still used and sold for use around farms and by termite control businesses. So it is possible to buy the chemical. Just don't try to use it for "everyday" battles with the insect world; save it for real emergencies.

Follow the directions carefully when working with chlordane and use proper precautions. Like many other insecticides it is also poisonous to human beings.

Cockroaches and ants are with us always. They're hard to kill and breed quickly, even if you keep your home religiously clean, they will invade your area if enough of them are around. Since they can live on practically nothing, you may soon have a small colony of the filthy little insects camping out with you.

In addition to the spray insecticides, a very effective and inexpensive poison is borax powder. This is commonly available and has an indefinite storage life making it practical for survival use.

Like most other insects, ants and roaches spend a lot of time cleaning off material that sticks to their feet. If you scatter the borax powder in areas where the insects travel (like behind furniture and in dark nooks and crannies), they'll gradually ingest more and more borax until it finally kills them. Just be careful where you spread it; borax is mildly poisonous to people, too.

It is also possible to repel a number of crawling insects—including roaches—with the chemicals that are produced naturally in bay leaves and cucumbers. Even if you hate eating cucumbers, grow some in your "survival garden." To release the chemical from the cucumber, just slice or pulp it and scatter the bits wherever you want to block the movement of insects into your home. (Though you may feel like the fearless vampire killer spreading garlic about, remember that this works and is based on modern research, not old wives' tales or fiction.)

Other potent chemicals which will actually kill, rather than repel, ants and other insects are found in the rinds of citrus fruits (especially oranges), nicotine, and caffeine. Unfortunately not much information is available at the time of this writing as to how to best use these sources of "insecticides" other than the fact that all three are very lethal to insects. Good old soap and water is also potent against many insects and is easily sprayed to coat plants or animals infected by insects.

Inert gas is also a must when dealing with insects. Any long-term storage supplies like grain or beans should be packed in sealed cans in which nitrogen or carbon dioxide has been used to displace the oxygen which an insect needs to live. Properly sealing and preserving your grains and seeds will prevent opening up a "surprise" when you need to find the expected contents of a storage container.

Traps—Trapping an enemy is another

strategy useful in the war against pests.

Sometimes, traps are even better than destroying a pest outright. Some pests are eatable either by you or by your livestock. Too, many pests may create health hazards if they are just killed and left in your environment. A good example of this occurred during WWII in Africa. Allied troops found that flies couldn't be swatted. The flies had been feeding on corpses and smashing one created a foul smell and splattered rotten material about; trapping the flies and burying them was necessary.

One of the traps used by GIs to get rid of flies can be easily employed by the survivalist. The trap consisted of an empty, clear quart bottle with a small mouth (a vinegar bottle or beverage bottle will work well). The bottle is partially filled with water and placed on its side so that the mouth of the bottle faces to one side and the water remains in the lower half of the bottle lying on the ground. Bait, in the form of rotten meat, is placed inside the mouth of the bottle. Flies eat the bait and then take off, often into the clear bottle rather than through its opening. As they bang about inside the jar, they eventually crash into the liquid and finally drown. As their bodies rot in the water, they attract more flies.

This trap is simple and cheap. It also works with sugar or honey but it's better not to use these baits: they attract beneficial insects like bees which are necessary for pollinating flowering plants in your area (so that they can produce seeds). Adding a little dishwashing detergent to the water also improves things since it reduces surface tension so that flies drown quickly and are less apt to climb to safety.

A similar fly trap can be made with a wide-mouthed bottle and a paper or wire cone. The cone is placed in the baited jar with the cone's point down. A small hole is made in the point of the cone so flies can

get into the jar and the cone is taped to the rim of the jar. Once the fly eats the food it takes off and can't find its way out.

Flypaper can be made if you have some sort of sticky material available to work with. Generally rosin is used for this. If you should have some rosin, then it is possible to create a sticky concoction to put on paper or other surfaces which will cause any fly landing on it to become stuck in place. Turpentine or linseed oil can be used to dissolve the rosin and the mixture can be painted onto the paper and left to dry to a tacky surface. A couple of formulas: 150 parts rosin, 50 parts linseed oil, 18 parts sugar or honey; and 10 parts turpentine, 10 parts rosin, 1 part honey or sugar. The only problem with flypaper is that it can become used up when its surface is covered with flies and it's attractive to beneficial insects as well as flies. Generally, the best location for fly paper is indoors where you don't want any insect cruising about.

Dead flies can be used to enrich your compost heap or to feed chickens or fish *provided* you have not poisoned them.

Water traps can be used to catch rats and mice. The general design consists of floating enough garbage on the surface of a large container of water to make it appear to be solid (styrofoam is good for this). Bait is placed in the center of the water. When rats or mice try to walk onto the water to get the bait, they sink into the water and drown. That's the theory. In fact, a lot of good design has to go into the trap to make it impossible for the rodents to climb back out. But once perfected, these traps will continue to work for some time with occasional replacement of bait and water as well as removal of the corpses you've trapped. Adding detergent to the water will greatly enhance this trap's abilities to kill mice and rats.

Continued on page 58



Ant traps are actually poison containers that "do in" a lot of ants or even an entire colony over time.



The "Roach Motel" is a variation on the flypaper theme that takes in a wide range of pests, including crickets, ants, spiders as well as roaches.



Even the simple mouse trap is a valuable part of a survival anti-pest arsenal.

Swiss Alps:

Rescue Dogs

Trained German shepherds save 30 avalanche victims a year . . .

By Claire Walter

Photos Courtesy of Swiss National Tourist Office

AN AVERAGE of 30,000 avalanches and snowslides occur in the Swiss Alps every year, the vast majority high up in desolate regions where no human will ever know about them. But occasionally slides take place where some hapless skiers—who perhaps have ventured out of bounds from a marked ski trail without a guide—are in the treacherous path of a torrent of snow. Some escape unscathed though inevitably, and justifiably, humbled, but some are injured and some die.

Most of the credit for rescue of the survivors must go to the avalanche dogs of Switzerland, some 200 strong, who are responsible for rescuing about 30 people a year. The training for this cadre of wonder dogs takes place in three sessions at the beginning of each ski season. One at Trubsee near Engelberg and one at Bernina near St. Moritz for teams of dogs and masters from the German-speaking part of Switzerland, and one at Verbier for teams from the French-speakers of Vaud and Valais.

The first thing one notices is that there isn't a St. Bernard in the crowd. Most of the dogs are German shepherds. The St. Bernard myth began when members of that plodding breed were kept at a monastery high on the St. Bernard Pass to tramp paths through the snows between buildings. Once in a while, a dog would stumble upon a wayward traveler whom the monks would then take in and perhaps ply with their own brandy, and so started the legend not only of the St. Bernard but also of the brandy keg.

Today's avalanche rescue dogs, which have not been replaced by modern electronic beepers or sensing devices, are highly trained by devoted masters. Both man and beast take their responsibilities very seriously.

The dogs are divided into two categories, depending on the amount of training they've received. Class A dogs are the elite group—the ones I'd like to have sent in if I am ever caught in a slide. Class B dogs are younger and less schooled, but they work hard to acquire the necessary discipline and skills of the A group. I once watched 40 of them and their handlers go through a typical training session on a high plateau near Verbier.



The morning's exercise was designed to coordinate men, animals and machines. Two men, wrapped in heavy blankets and given breathing space, and two knapsacks had been buried three feet or more down in a 100-square-yard snowfield. Dogs not involved in the exercise were off to the side, curled up on canvas mats in nests of snow.

Some slept; others were alert, their ears cocked and their eyes on their masters.

First the men practiced using their avalanche probes—12-foot-long sticks thrust straight down to search for trapped victims. They lined up, shoulder to shoulder, gently thrusting these hollow poles into the snow, retracting them,

taking a step and doing it again. It was meticulous and painstaking work and it unearthed no "victims," not even a knapsack.

Suddenly, all the dogs became alert. They scanned the sky in the direction of what turned out to be the speck of a helicopter coming over a distant peak. Since the three dozen men hadn't found the victims yet, they pulled out their probes and scrambled off the slide area. One, who had been designated to direct the helicopter, raised his arms in a Y, which means "I need help," and signaled the pilot where to land.

In a moment the helicopter was down, and two more men, each with a shepherd on a short lead, stepped out of the aircraft. The men hefted their knapsacks and headed for the top of the "slide" area, their dogs close by.

One dog was immediately set free. He sniffed around for no more than 30 seconds before wagging his tail and pawing furiously in the snow. His master, who had taken a collapsible shovel from his pack, started to dig and soon unearthed a knapsack. By the time he dug it out, the dog had marked another spot. A few quick turns of the shovel revealed a colleague who had posed as a victim.

Then it was the second dog's turn. He nosed around, orienting himself for a few moments until he had sorted out the contradictory scents of the men who had been working with the probes a few minutes earlier and were standing on the sidelines from his real quest. In less than a minute, the dog found the second buried "victim."

Praise—The final knapsack took a few minutes longer, because it had been buried 200 feet away in a six-foot cornice of snow. Within five minutes, the two Class A dogs had found everyone and everything they were after. The total elapsed time since the

two teams had boarded the chopper several valleys away was 13 minutes. Andre Grisel, a Luasanne chemist who was then the director of the session, assessed the performance. "*Tres bon.*" was all he had to say. But in those two words were volumes of praise.

Grisel had good reason to be pleased. If a victim is buried in 10 feet of snow or less, as most are, and is found in less than an hour, likelihood of survival is excellent. After one to four hours, the victim still has a good chance. After that, the odds are slim, although some years back a woman in Italy was found alive after 48 hours under the snow.

Trained dogs can smell through 12 to 15 feet of snow, less when it is very cold and the heavy air insulates the snow. Since many life-threatening avalanches occur in spring, the air is warmer and the dog's olfactory system has some help.

A good dog can work for about an hour, then has to rest for 30 minutes before starting again. An intelligent animal trained by a hardworking handler can begin at the age of about one year and work until it is about 10 or 12.

Swiss avalanche rescue dogs are called upon as often as 150 times a year, not just for avalanche work but to find skiers lost in a fog on high-altitude, treeless terrain.

"The main thing," Grisel said, "is not for a dog to rescue people but to be prepared to rescue people."

The Swiss have developed procedures, as precisely planned as one would expect in this ultra-organized country, for dealing with an avalanche crisis in or near a ski resort. As soon as a slide is reported, the cable car company's stations are alerted, and all ski instructors—whose rigorous schooling includes rescue procedures—take their students back to the nearest lift station and join the professional mountain patrol and specially trained police at the

slide site. They begin probing while dogs and their masters are flown in from nearby communities. The operation continues until all victims are accounted for.

Avoidance—There are measures skiers can take to avoid slides. The most obvious is to stay on marked runs in the Alps which are safe when open. But since much of the appeal of Alpine skiing is to get away from the crowds in quest of powder, scenery and solitude, special care must be taken, especially in spring when the weather is warm and the layers of snow become unstable. The best way to explore the untracked outback is with a guide who knows the safest routes, how to avoid trouble and what to do in case of an emergency.

However, a skier has a greater chance of survival by following a few rules. Anyone caught in a slide should immediately discard ski poles, release bindings and move the arms in a breaststroke to try to stay as close as possible to the surface of the snow. It is suicidal to try to outrun an avalanche. In 1964, America's best male racer, Buddy Werner, and Barbi Henneberger of the German Ski Team were killed when they attempted to outski a slide at St. Moritz. If they couldn't, certainly no recreational skier can.

Once the slide slows, the skier should use his or her hands to create as large an air pocket as possible and pull a scarf over nose and mouth. Avalanche victims who might have been saved are occasionally found with an ice mask created from frozen, exhaled air. It is a tragic, and often avoidable, way to perish. Don't try digging; the loss of equilibrium from tumbling in an avalanche has caused many victims to overtax themselves by digging down or sideways.

If precautions fail and one is buried, the best hope is for the quick arrival of Switzerland's wonder dogs. ●



Give Yourself Time

In a defensive situation, reflexes are not enough . . .

By Tony Lesce

MANY SHOOTING school instructors teach that the conditioned reflex is supreme in armed confrontations, that you will, under stress, react as you've "programmed" yourself to do. This is true, as repeated practice builds a set of conditioned reflexes which can serve you well in deadly danger. Conditioned reflexes have their problems, though.

Often, a situation requires decision making, not a reflex to open fire. If you're awakened by a noise, it may be a night intruder, or a member of your family moving about. This is why giving yourself a space-time cushion is vital. You need time to observe, think, and decide on a course of action. There are tactics to give you this space and time you need to evaluate the situation. The following won't give you the answer to every situation, but some useful guidelines to help you improvise.

Deadly encounters don't usually burst upon you. There are warning signs. Recognizing these, interpreting them properly, and giving yourself a margin of safety will often help you avoid the two dangers: becoming a victim, or using deadly force without justification. The need to avoid being a victim is obvious, but the aftermath of a shooting is unpleasant for the victor, too. Unlike in the movies, he doesn't holster his gun and walk away into the sunset. He has to explain the incident to the police, and often has the unpleasant feeling of being treated like a suspect himself. He might find that, under the law, his shooting didn't quite fit the legal definition of "self defense," making him open to prosecution.

Space-Time Cushion—Tactically, space and time are very interchangeable. An assailant needs time to cover the space between himself and you, and to develop his attack. You need to put enough space between yourself and him to give yourself time to forestall, block, or ward off the attack. Delaying an assailant's progress can give you the time to escape, if that's the best course. There are practical ways to enlarge your space-time cushion, ways which will enhance your safety.

In traditional military terms, the defender has the advantage because he's dug in, and the attacker has to advance, exposing himself, to carry out the attack. This doesn't translate well into civilian life,



Your home is your castle, but how well defended have you made it? Do you leave the house open to intruders who can take you by surprise?

where the defender's not behind fortifications, and is often as exposed as his attacker. The assailant tries to employ surprise, closing in before showing his intention, to gain every possible second of advantage. If the aggressor can approach without alerting his intended victim, space translates into time.

Space equals time. Therefore, the more space you can keep between you and danger, the more you have working for you. It's not always possible, because real life rarely follows a prepared plan, and you must be aware of this and cope with it. A subway car or staircase, for example, gives you little room to move. In such situations, you must be more alert and aware, as a substitute for distance and time.

The weapon you have available in a crisis is the one with which you go to war. Despite all of the information and the various opinions about which caliber has the best "stopping power," individual ability to use it is still the most important factor. It's not what you've got; it's what you do with it that counts. Being familiar and proficient with your weapon, whatever it may be, is vital. This includes being able to draw and fire without taking your eyes off the target.

An armed confrontation is not a shooting match. There's no place for focusing on the front sight, or some of the other techniques that are useful in competition. You need to watch the threat as it develops, and to scan the area for other dangers, as from accomplices.

Gaining Early Warning—A felonious assault can occur anywhere; at home or outside the home. The victim taken by surprise has a grave tactical disadvantage. If he is able to resist at all, it's only by quick reflexive action. This jeopardizes his chances of making the right decision, endangering him and perhaps his family. This is why it's essential to get early warning before an attack comes with sudden danger.

At home, it's not enough to keep the doors and windows locked. It's wise to do so, but intruders can break in regardless. An alarm system helps, but few people have them. There are simpler measures which will give early warning. The key elements are sound and light.

Outside lighting helps, if anyone's awake to see it. It can silhouette an intruder against a window or doorway. More important is sound. Venetian blinds on every window will rattle in case of a forced entry. Intruders have tricks, such as using duct tape or wet newspaper, to suppress the noise of breaking glass, but venetian blinds are not as easy to overcome. Small items, knick-knacks, on the windowsills will make noise when an intruder knocks them to the floor. So will potted plants.

Arrange the furniture so that every window is obstructed, and the intruder can't simply climb over the sill and set foot on the floor. Anything light that's easy to knock over and that makes noise when falling will serve the purpose. In this



Keep the assailant at a distance. Watch him, not your weapon. You should be familiar enough with it to operate your weapon without having to look at it.

regard, the worst thing to put under a window is a couch, with soft cushions that will take an intruder's weight without alerting you. If there must be a couch next to a window, leave a large enough gap so that the intruder will find it easier to set a foot on the floor. Keeping some items, such as roller skates or a vacuum cleaner, behind the couch will make a boobytrap for the intruder without causing any danger for those who live there. A houseplant in a large, fragile vase will also make noise.

Don't overlook the advantage of a small but noisy dog who barks when anyone approaches. A dog can serve as a deterrent, because the intruder has to consider the prospect that the householder's been awakened, and may be lying in wait for him or telephoning the police.

Use the space inside your home to best advantage, combining the layout with obstructions to delay the intruder's getting to you. If your bedroom is upstairs, a folding child's gate across the stairs will delay him, and if there are some bells on it, he won't be able to negotiate it without noise. Keep your bedroom door locked. This can be troublesome for you, but it's more troublesome for the intruder, because it will give you time to get fully awake and to get a weapon in your hand. Keeping the bedroom door locked is best if there are no children in the home, but if there are, it can be counterproductive. An intruder, if he gets to the bedroom doors without awakening you, can try each door-knob, and he's more likely to go into an unlocked room to avoid the noise of breaking in. This can direct him into the children's room, which dangerously complicates the situation.

Outdoors, your alertness will vary with the situation. If you have to go into a high-risk area, take precautions. If driving,

keep your doors locked, and try to avoid being boxed in by traffic. Street gangs face a serious problem if the motorist stays in his car, and if the situation deteriorates, the car itself is an effective weapon. The kinetic energy of a moving vehicle is far more than that of a bullet from the most powerful weapon.

If walking, stay away from the building line, avoiding doorways and entrances to alleys. Parked cars can also conceal an assailant, and walking down the center of the sidewalk is the best compromise. Crossing the street often to the other sidewalk helps prevent an attacker's predicting your path and planning an ambush. In buildings, be especially wary in close spaces, such as hallways, elevators, and staircases.

If followed on foot, turn around suddenly and walk in the other direction, towards your "tail." He may be an innocent passerby, but scrutinizing him closely as you approach is far better than waiting blindly as he catches up to you from the rear. This seems to contradict the principle of keeping your distance, but tactically it's better to scan the person carefully and elevate the situation than to wait blindly. The about-face also throws a potential attacker off his stride, as he will lose the advantage of approaching his intended victim from the rear. He'll have to decide quickly between abandoning his plan or making a frontal attack, under the watchful eye of his victim.

If an attack develops, get something between yourself and your assailant. This is critically important if he has a contact weapon, such as a club or knife. Distance means safety in such cases. A car, bench, mailbox, or even a phone booth will keep him from getting to you easily. If possible, get behind cover, but even if no cover is available, anything which will obstruct him

will give you a few precious moments to think.

Cover And Concealment—Tacticians view cover as protection from gunfire, and concealment as protection from being seen. They're also more than that. Both can buy you time. If an intruder's unaware that you're there, and watching him, he won't have a target. Without a threat to your life, there's no urgency to open fire. This is extra protection against a mistaken identification, and helps to prevent the tragedy that can follow when a householder shoots at a moving shadow in the dark.

Staying behind cover or concealment gives you not only time to identify the target, but to evaluate the situation. This is the moment to plan whether or not to open fire, and when. Not all situations require deadly force, and much of the decision hinges on the individual's inclination, apart from the law. A defender may decide not to shoot, if the offender is young, or if he's about to leave. A defender taking cover or concealment gives him time to think, and denies it to the aggressor. This is using surprise against the intruder.

Skilled gun handlers have a technique known colloquially as the "stroke," drawing and firing in one quick, fluid motion, pressing the trigger as soon as the weapon comes up into line. This is very fast and efficient, but it's tactically unsound in many cases. It can lead to shooting someone who's merely reaching for a handkerchief, and the distasteful complications that follow such a mistake.

There's a need to plan the appropriate response for each situation. This doesn't mean taking hours for deliberation, because there are only three types of responses possible, and the situation will usually eliminate one or more possibilities at the outset. The three are: **WARN**; **COUNTER-ATTACK**; **FLEE**.

Warning—In the home or outside, displaying a weapon will often deter an attack, and eliminate the need to open fire. We have to follow the principle of using minimal force for two reasons: It's the law in many jurisdictions, and it's also simpler practically. A mugger with a knife, who suddenly sees a gun appear in the hand of his prospective victim and breaks off the attempt, has solved the problem for the victim. It's easier to walk away from a situation in which a shooting did not happen than to explain a body to the police. In many situations, there are no witnesses. This is both good and bad. It's bad if it becomes necessary to justify self defense, as corroborating witnesses can be very helpful. It's good if you want to walk away from a situation without hassle. In some large cities, persuading the mugger to leave quietly is the best course of action. Some citizens carry weapons for protection ►

GIVE YOURSELF TIME



You need time to see and identify the person. If you've just awakened, don't turn on the lights in the house; you'll give away your best advantage.



Using a flashlight, whatever shooting position you choose, gives away the element of surprise, and you've run out of time.

in jurisdictions where they're forbidden. This automatically brings complications, no matter how much legal justification there may be for self defense. In some jurisdictions, carrying an unregistered weapon is a felony, and using an illegal weapon automatically makes it "Murder One."

This is where having time helps. You need time to draw the weapon. The attacker needs time to see it, and to think the situation over. You can, by displaying the weapon and by "body language," show him that you're willing and able to defend yourself effectively. A "street smart" punk will usually realize that he should seek an easier target, and leave.

Fire a "warning shot," or not? Most current thinking is against it, and the householder also has to consider that the bullet has to go somewhere, perhaps into an adjoining apartment. He's also the one who'll have to patch the wall, or buy a new TV, if it's in the way of his warning shot.

Counter-Attack—If you decide to open fire, you need time for several reasons. In the home, the most important one is to avoid endangering innocent people, who most likely will be family members. You need to know where everyone is, and that the noise in the kitchen is truly that of an intruder, not someone raiding the refrigerator. Tragic mistakes don't happen as often as the anti-gun people claim, but if one happens to you, you'll regret it for the rest of your life. Unless you live alone, a family can be both a liability and an asset. While they're in potential danger, relatives can phone the police while you prepare to meet the intruder. Again, this takes time.

Time enables you to identify the target. It also gives you time to place the shot properly. A study by the New York City Police Department showed that in armed confrontations even trained police officers hit with only 25 percent of their shots. The

felons did even worse, scoring only 11 percent hits. This shows that shooting on the range and under stress are two very different tasks, and that under pressure it's easy to miss. It's important to be forewarned about this, because wild shots in a built-up area can endanger innocent people. The intruder may not care, but the householder does.

Taking that extra second to place the shot properly is essential. Safeguarding innocent people has two facets: avoiding stray shots, and putting the intruder down before he can open fire. One well-placed hit is tactically better than several misses, with a wild firefight developing afterward. This is also a point to consider when buying a weapon. A large magazine capacity seems attractive, but not always helpful. Only hits count!

It helps to rest the weapon on something. Under stress, the adrenalin pumps hard, and there may be muscular tremor. Stabilizing the weapon gives that badly needed edge.

Flee—Running away from danger is not "macho." That's the biggest mental barrier that the defender has to overcome. However, in some instances, it's smart. Standing and fighting when outnumbered, for example, is not macho; it's stupid. Discretion really is "the better part of valor."

There's another aspect; you may choose to stand and fight, but if your family is with you, you'll want to get them out of danger. On the street, having your wife take the kids and run while you delay the pursuer is one way of coping with the danger. In the home, your plan may include having your family seek refuge at a neighbor's while you cover their escape. You need time to give them the distance.

In some instances, fleeing is tactically and practically justified. An assailant with a knife, for example, must be within reach

to harm you. If the situation allows you to back up a few steps you'll gain time to dissuade the attacker and to stop the attack, if it comes. Turning and running, especially if the attacker knows you're armed, can be a lifesaver. The attacker, knowing you're armed, will have to contend with the possibility that in pursuing you he may run into an ambush. He'll have to follow cautiously, and slowly, which may enable you to get away completely.

If running results in pursuit, and you feel that you can't reach safety, setting up a hasty ambush may be your only choice. Waiting for the attacker around a corner, preferably behind cover, will give you a good position from which to confront him. It's important, but not essential, to be out of sight for a moment. If there's no corner, but good cover available, getting behind it will do very well, even if he has a gun. If he has a knife or club, no cover is necessary, only enough distance to enable you to stop him if he continues. In that regard, it's tactically essential to turn and fight before he catches up to you.

Running away can also avoid trouble with the law. We've already covered the prospect of armed citizens in jurisdictions with restrictive firearms laws. Recent headlines tell of an instance in which a man who defended himself on the New York subway ran into severe legal complications afterwards.

Attitude—Residents of large cities say cynically: "The cops are never there when you need them." However, once there are shots fired, people seem to come out of the woodwork and there are so many cops that it seems like a Saint Patrick's Day parade. At the very least, the defender can expect to spend an unpleasant night at the police station. At worst, he faces arrest and prosecution.

This is why a "macho" attitude can be unproductive. It's good for the ego, but often not practical. A realistic response to a bad situation, even if it means retreat, is often better.

It's possible to integrate various defensive measures into your lifestyle to protect yourself, without making your home look like a fortress and without yielding the streets to the bad guys. Intelligence and discretion, as well as an understanding of tactics, will enable you to protect yourself more effectively, and to protect your family. Reflexes are not enough. Forethought and the ability to improvise, using the basic building blocks of tactics, are vital. These take time. Give yourself the time! ●

Big Blade:

Running River Survival Knife

Heavy duty hardware with a difference . . .

By Bob Clark

IN MY TRAVELS I've come across just about every type of knife imaginable. From Butterfly blades to authentic Bowies. I've seen just about every design avenue put to the test. Sorting the good from the questionable from the bad in most cases comes down to a matter of personal preference.

I know a number of self proclaimed knife experts who would do well to spend a little more time soul searching and a little less time trying to pass their personal likes and dislikes off as gospel. Why? Simply put, once you know what a knife is to be used for and have come up with the basics to meet those demands all the little idiosyncracies that go into finishing the knife off are often a compromise at best, that is when speaking of mass produced knives.

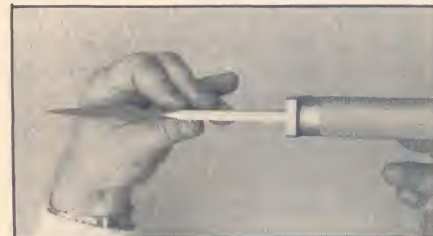
The reasons for such compromise should be obvious. For a knife to be truly honed to perfection, as far as use is concerned, the styles and designs will be as varied as the individuals using them. To make a knife which meets all the needs and comfort standards of all knife connoisseurs is virtually impossible. Unless a knife is custom made to fit one particular person it will, generally speaking, be designed to meet the basic needs of the majority.

In the big blade arena there have been numerous all purpose survival knives introduced in the past few years. The majority of those worth mention do a pretty good job of covering the bases. Of the big blades I have had occasion to evaluate recently the hollow handled survival knife from Running River Supply is one of the most unique. This relatively new insertion in the market has a number of features which set it apart from most other contemporary survival knives.

First off, the Running River knife shuns most of the fancy gimmickry and sticks to the basics. The only accessories included are a compass, sharpening stone and lash line/wrist tie. With an overall length of 10 inches, 7 inches of which is a 1/4-inch wide blade, and all stainless construction, the Running River knife is one of the sturdiest on the market. Areas worth note begin with the plain unsharpened backside and shortened guard height on top. This combination allows excellent control when performing small work such as trimming bark from small twigs and shaping "fuzzsticks" for fire preparation. Try this type procedure with a sawback knife with tall



Overall length is a full 10 inches, 7 inches of which is blade. Construction is all stainless with non-glare finish. Shortened top guard and bare top edge make for easy control during small work while oversize butt cap affords excellent grip.



Blade is full 1/4 inch thick out to 3/4 of an inch from the tip. Curved grind makes blade exceptionally strong.

guards. This is not to say sawback blades are inferior, it all depends on usage. Another reason Running River has deleted the saw is that when you're in a hurry it is usually faster to chop and cut than it is to saw with a short blade.

With full thickness all the way out to about 3/4 of an inch from the tip and a curved grind instead of flat, the Running River blade and tip are extremely strong for chopping chores and other heavy work. A hole in the guard and wrist strap/sashing included in the sheath pocket provide excellent accommodations for spear fashioning and safe handling if the knife is dropped, i.e., with the wrist strap properly fit, the knife will stop blade side down if dropped. The handle provides watertight storage and the oversize cap affords excellent control.

The all leather sheath has some unique features of its own. A high ride belt loop is more comfortable than one might imagine and allows easy concealment. A double duty leg tie, which appears to be too high on the sheath, is actually not bothersome

at all and doesn't dangle from the bottom of the sheath. A small pocket stores lanyard, sharpening stone and compass. Each compass is stored in the pocket as the manufacturer found that it was easily damaged during heavy chopping when secured in the handle. Stainless fittings are used along with polyester no-rot stitching, an oiled and stained water resistant finish and riveted, glued and stitched construction.

A final note on the Running River survival knife. As mentioned I found the knife exceptionally strong for heavy duty chores while remaining easy to use for small work. This along with its attractive non-glare finish, handmade attention to detail and lifetime warranty make the knife a realistic addition to any serious or even not so serious outdoorsman's stash. Even though the price on these handmade knives has gone up to \$189, I feel the Running River survival knife is well worth the investment. Running River Supply Company is located at 200 Forbes Street, Dept. ASG, East Providence, RI 02915. ●

From FIE:

The Para And GR-8 Rifles

These Italian and Brazilian .22LR semiautomatic imports look sharp and shoot well . . .

Staff Evaluation

A RUGGED, dependable .22 rifle is considered an essential piece of survival gear by many people. But even if you're only interested in shooting for fun, a .22 is so versatile and inexpensive to use that it provides a lot of satisfaction for target practice or casual plinking.

FIE (Firearms Import and Export), Inc., has a couple of imported .22LR rifles worth taking a look at if you're in the market for a good weapon of this caliber.

The Italian made Franchi Para rimfire rifle is a sturdy, compact semiautomatic resembling a paratrooper style carbine. It's a takedown rifle that comes in its own contour-fitted carrying case with steel reinforced corners, latches and hinges, a carrying handle and olive drab exterior and padded interior. The Para also comes with tools for assembly or disassembly and an olive drab sling. The Para has fittings for mounting a scope which could easily fit inside the carrying case.

The Para features rigid lockup when

assembled. It has a non-collapsible skeleton buttstock with 11-shot tubular feed. The receiver has a rustproof non-glare finish. Pistol grip and forend are handsome rubbed oil finished walnut. The barrel is hammer forged with threaded muzzle and muzzle end. It's fitted with an artillery type rear sight with settings for 25, 50, 75, 100 and 125 meters. Front sight is a hooded post.

The removable cocking handle can be used to loosen or tighten the takedown ring, or a small setscrew and Allen wrench which are supplied with the rifle can be used. The setscrew and cocking handle fit in alternating holes on the takedown ring.

The second rifle is the 14-shot GR-8 nylon semiautomatic. This rifle, made in Brazil, is a faithful copy of the famous Remington Nylon 66 Black Diamond.

The GR-8's forend, receiver and buttstock are made in one integral piece of tough black nylon, combined with ordnance steel for dependable and accurate

operation. Friction free steel parts ride on nylon bearing surfaces and need no lubrication.

The gun comes in deluxe black nylon with blued barrel and receiver. The GR-8, like the Para, has a tube feed magazine accessible from the buttstock.

The GR-8 has a flat faced blade front sight and the rear sight is a square notch adjustable for windage and elevation. The receiver is grooved for scope mounts. There is a top-of-grip thumb safety with red dot indicating "fire" position (the Para has a button safety located just behind the trigger guard and operable from either side).

The GR-8's tough nylon stock has a finely checkered pistol grip and forend with white diamond inlay.

Testing—The Para and GR-8 rifles supplied to the ASG staff by FIE for testing and evaluation were taken on several trips to public shooting areas in the mountains of southern California. Several hundred rounds were fired through the rifles at distances from 15 to about 70 yards.

Some of the test shooting was done at a life-sized silhouette target and the rest at assorted small objects such as bottles, cans and boxes.

Overall, both rifles performed well and showed good accuracy. Accuracy fell off somewhat at the longer ranges, as would be expected. All shooting was done with the sights on the rifles, without scopes.

During test firing there were a few jams in both rifles. The testers were unable to



The Para comes with a contour-fitted carrying case with steel reinforced corners.



The removable cocking handle of the Para can be used as a tool for takedown.



The GR-8 has a flat faced blade front sight and adjustable rear sight.

determine if these were related to lubrication, ammunition used or other factors, but, except for the last testing which was done in a stiff, chilling wind before a snowstorm, jamming was a minimal problem and each rifle was quickly cleared and re-fired after each malfunction. On that last shoot some increase in jamming was noticed but did not seriously hamper use of the weapons. A camera motor drive being used at the time also failed several times, apparently due to the biting cold and wind.

In the weight department, the GR-8 is lighter at four pounds when empty. The Para weighs about four pounds and 13½ ounces empty.

Both weapons are solidly built and would appear to hold up well over time.

One problem that developed was that testers were unable to load more than nine rounds in the Para's tube magazine. The Para is supposed to hold 11 shots. This did not affect the shooting performance of the rifle at all but the spring-loaded push rod that secures the cartridges in the magazine might have been damaged or defective.

The ASG staff considers the Para and GR-8 to be good quality firearms, and pretty accurate out of the box. Suggested retail for the Para is \$274.95. The GR-8 carries a suggested retail price of \$109.95. These and many other FIE firearms are available from local gun stores. For more information see your local gun dealer, or contact FIE, Dept. ASG, P.O. Box 4866, Hialeah, FL 33014; phone (305) 685-5966.



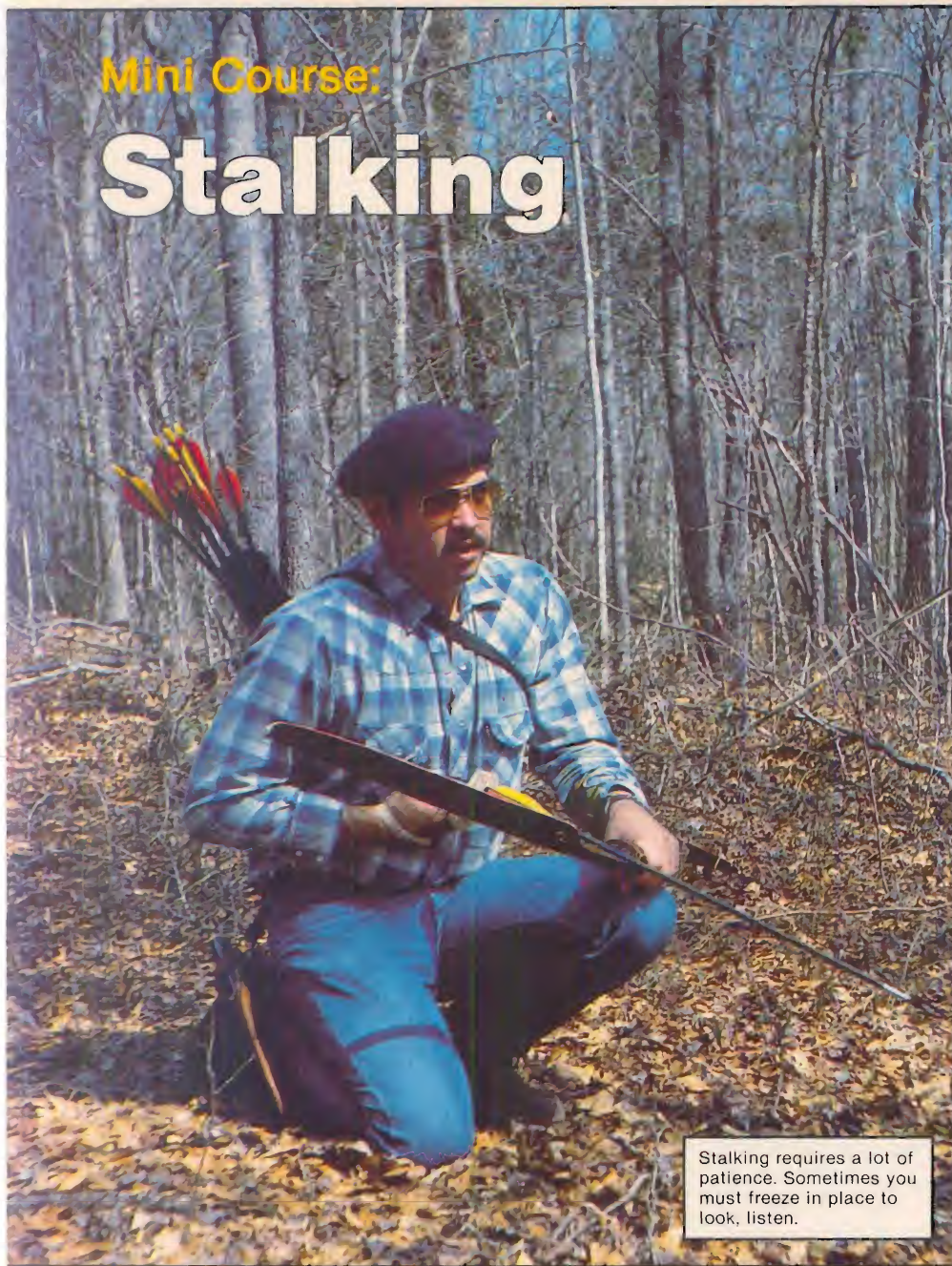
Here the Para's cocking handle is used to tighten the takedown ring while assembling the rifle. A small setscrew and Allen wrench provided with the rifle also can be used for takedown or assembly. Note the artillery style rear sight.



Testers liked the feel and shooting qualities of both rifles.

Mini Course:

Stalking



Stalking requires a lot of patience. Sometimes you must freeze in place to look, listen.

Whether you use a rifle, shotgun, handgun or bow to hunt game animals, stalking is a useful talent . . .

By Ed Chaffin

CAREFULLY I moved through the stand of pines, trying to avoid the occasional twig or stick which lay in my path. I didn't want to step on them and let their noise announce my presence in the woods. The deer I sought was no more than 20 yards away from me, partially obscured by a small Gooseberry bush.

The deer twitched his tail, a signal. I froze in place as he raised his antlered head to look around. He lowered his nose to snuffle around in the leaves for food. I

raised my bow, drew the nocked arrow back to the corner of my mouth, held for a split second and let fly. The arrow thudded into the deer's side just behind his left front leg. Startled, the animal flinched and ran into the nearby brush. Quickly I drew another arrow, fitted it to the Browning recurve, waited a minute and walked toward the place where the deer went into the tangled woods. He was down and dying less than 50 yards from the place where I shot him. Another deer down to prove that



A careless stalker can get into bad trouble—note the snake at this man's feet.



Take a leisurely walk over your territory. Check it out thoroughly.

stalking works.

It can work for you too.

Whether you use a rifle, shotgun, handgun or bow to hunt game animals, stalking is a useful talent to add to your bag of tricks. Being able to find your way through the woods without making too much noise, being able to sneak up on game until you're almost close enough to touch the animal, or being able to sneak by other hunters without their knowing you are there gives one a rush as no other hunting skill can do.

It is always wise to be prepared to hunt for game in the event something happens to disrupt our civilized world. The disruption of the food chain, breakdown of government, war or other variables could suddenly place us in a situation where we will wonder if the next meal will be a possibility. When that happens, it is nice to



LEFT—Here is the result of successful stalking.

ABOVE—No matter how mangled the skin of an animal may be, it can still be used.

know that one can reach out and get gun bow or spear and go forth as our forefathers did to obtain our own food. Any disruption of our easy-supply world can be an ego and confidence shattering event. We should want to be able to counter any threat to our existence. The need to forage for vegetables, trap game or stalk and kill meat will exist until some form of balance has been achieved.

Some experts state that, in the event of a disruption of civilization, there will also be a disruption of normal game patterns of behavior. The animals would move ahead of the masses of humanity spreading out from cities and catching meat would nearly be impossible under those circumstances.

Some of those experts might want to speak with mountain men and professional outdoors people who have lived in the wilderness. One old man in the Appalachian Mountains, after having been asked about the experts' opinions concerning game in a survival situation, spat in the dirt and looked me in the eye . . . "Hell, son," He said, "them school eddycated sobs don't know much. Them storys're poppycock." According to this old expert, when it all comes down and the fan blades get dirty game will be there for those knowledgeable people who know what to do to find it. The resourceful outdoors-person will always be able to stalk, trap or fish for food . . . And find it. Here is how food can be found using one very efficient method—Stalking.

Every Square Foot—First, begin now, while times are relatively peaceful, to become familiar with the territory you believe you will have to use as a survival base. You will have to stake out between 75 to 100 acres of land surrounding your

base camp as a basic territory. You will have to cover every square foot carefully to insure that you know where dens of small animals can be found, where squirrels like to nest, where water can be found. In this way you will have a good notion as to the different kinds of game that can be found and how many types are offered within a given area.

Pay particular attention to the small game population of your territory. In addition to rabbits, squirrels, opossum, groundhog, beaver and assorted other denizens of the forest, there are also insects, grubs, birds and slugs that can be made into viable meals. Stalking plays a big part in obtaining the small as well as the large food sources of the survivalist. Because of this, it is always a good idea to carry along a "possibles bag" when you go afield. You can carry in the bag the occasional grub, bird or small animal that happens along for a later meal. You might be stalking deer, but never turn down any offering of a meal so long as the animal is clearly without disease.

When stalking, you will find it advisable to wear clothing which is light enough so that you can move without restrictions. The clothing must be chosen to go along with the climate and season of your area. It must be capable of protecting you from the elements, keeping you warm when you need warmth, yet allowing you easy movement through the forest. Long ago, Indians were feared by settlers because they had the uncanny knack of sneaking up close enough to a person to reach out and touch them. They often did touch them . . . With a tomahawk or club. The Indian did his sneaking while dressed as lightly as possible, often totally naked. Today our psychological leaning toward

clothing keeps us from adopting the Indian means of easy movement. It did back then even more than now. Trappers and outdoorsmen of long ago could not equal the Indian's stalking talent because of the heavy clothing they wore. So they adapted and began trapping. To gather meat, our trapper forefathers used snares, deadfalls, or long range rifles. The occasional pioneer who could stalk successfully felt that his life was far more full than anyone else around him because he had developed a talent that could not only provide larger quantities of meat for the table but it could also allow him the ability to go through the forest without being seen or heard by other, perhaps more hostile humans.

Heavy clothing, which keeps one from feeling tiny branches rub against an arm or leg also impedes movement.

Leather boots, worn in the outdoors for protection against snakes and lower leg injuries, can also be a detriment to proper stalking unless measures are taken to counter the problem. When moving carefully, leather or rubber soles prevent the feet from feeling twigs or sticks underneath the shoe. The breaking of said stick by a careless foot could lose that prized evening meal or it could cost you your life. It is a good idea to begin to train yourself to walk as softly as possible. Most of us will never wear moccasins but we can, if we practice, walk just as softly with our boots on as those brave men who went before us who wore moccasins.

Movement—Always move carefully and deliberately. Take the time to look down to where you will place your foot to see what you might step on. Avoid the twigs and

Continued on page 65

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		2	80/16 Firecrackers - Br. 1,280 pcs. Case 15,360 pcs.	11.00	100.00				36	Buzz Bombs Spin Up	8.00	80.00	
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		6	Lady Crackers - Br. 1,600 pcs.	10.00					40	Plane Flying at Night (12 to pkg.)	6.50	65.00	
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			Underwater Firecrackers	BOX	CASE				42	Large Missile - \$1.00 each	10.00		
		8	M-60 - works in water, Box 72 pcs. Case 1,440 pcs.	12.00	175.00				43	Giant Missile - \$1.50 each	15.00		
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Pest Control

(Continued from page 45)

Another good trap can be made from a large ceramic or metal container. Make a mouse- or rat-sized hole in the upper side of the container. This done, bury the container in the ground so that the hole is even with the surface of the ground. Place some type of bait inside the container. Mice or rats will smell the bait and try to get to it, falling into the container. They won't be able to climb out because of the slick sides of the container.

Don't forget the good old standard mouse and rat traps. While some rats get so they know to avoid these, if a large number of the rodents are a problem, you'll still catch a number of them with these traps and be able to cut down on the population.

(While some hard-core survivalists might maintain that you can eat rats, I have to disagree on grounds of a queasy stomach. However, it is possible to "recycle" little rodent bodies by feeding them to poultry or by burying them where they can be plowed into the garden next season to add nutrients to the earth.)

Larger traps as well as snares may also be needed to deal with pests ranging from Bugs Bunny to rabid dogs. Traps work well if you are careful to bait them properly and place them in the correct place. Be sure that you don't place traps in locations where "friendlies" will be caught. Warning signs on traps should be considered in a populated area.

Other Methods—Pests in the garden are a major problem. A good article on combating pests in the garden is to be found in the August 1984 issue of *Survival Guide*.



A number of firearms are useful for fighting larger pests.



A potent anti-pest combination is a .223 rifle and an air rifle.

Rather than rehash the material, I strongly encourage you to study Henry Lee's article, "Low-tech Pest Control."

Biological warfare is useful when battling pests. Though you probably aren't set up to breed killer bacteria, you can encourage natural biological enemies to kill a number of pests. One way is to bring helpful insects and animals into your area. When you're out foraging, capture "allies" and bring them back into the area of your home and garden. Finding a toad or non-poisonous snake and bringing it into the home front enhance your survival chances.

About 99 percent of all insects are—contrary to what one might think—beneficial. Don't kill insects indiscriminately, and if you find one that can be captured, bring it back to your area so that it can feed on other harmful insects. Praying mantis, lady beetles (or lady bugs), assassin beetles (cog or wheel bugs), ant lions, aphid lions, carrion beetles, fireflies, as well as a host of others can be used to battle common pests in your area. If you're not sure that an insect is a pest, don't kill it or you may be getting rid of an animal that would help you. Kill only known enemies!

Denial operations and barriers are important in any war. Be sure to take advantage of screening and mosquito netting to keep pests out. Though we take screens for granted in the U.S., they are modern inventions that have probably done as much as anything short of good sewer systems to prevent disease among modern man. You can't afford to take screening for granted during a disaster.

With intensive gardening, it is possible to "screen in" your entire garden with

netting or plastic sheeting. While this won't keep out all insects, it can greatly cut down on the numbers coming into it. Just be sure that you have some insects in the garden to pollinate the garden (if you don't do that by hand)—otherwise, no fruit or seeds!

Fencing can be important in keeping larger pests out of an area. Barbed wire and chicken screen might make a difference as to whether your flock or garden survives or not.

Modern warfare usually conjures up the picture of a soldier with an assault rifle. Things aren't so clear cut when you're battling pests. While some pests such as wild dogs or rabid animals might be effectively controlled with an assault rifle, such a practice is at best wasteful of ammunition and may attract attention which you don't want from freebooters or others who you don't want to be hearing from.

One solution to this problem is to use squib loads in your rifle. A squib load is one that has a very small powder load so that the retort of the rifle is a lot softer than normal. The only problem with squib loads is that they don't cycle the action of a rifle and require reloading equipment as well as a lot of time to perfect. And a poorly loaded squib load may leave a bullet wedged inside your expensive rifle's barrel.

A better bet is to use cartridge adapters which allow you to shoot smaller .22s or pistol cartridges in your rifle. The best adapters are those made by Harry Owen. If you have a .223 caliber rifle, it's no problem to shoot any of the .22's from it in a single-shot fashion to quietly dispatch an occasional pest. An added plus is that the .22 won't damage the pest much; meat and pelts are available if you haven't annihilated the animal with a heavy-caliber weapon.

Another good bet is the lowly .22 rifle. The real plus is that a second shot is quickly available if you need one. A wide variety of ammunition is available from hypervelocity rounds suitable for dispatching dog-sized pests to standard rounds for small animals. The survivalist shouldn't forget the CB Caps that CCI is currently selling. These are commercial .22 squib loads that allow the shooter to fire almost silently from a .22 rifle while having the punch necessary within 30 to 50 yards to dispatch small animals with very careful shot placement.

If you want to fight all types of pests, a good assortment of .22 ammunition and one or more good .22 guns are a must. (Adapter kits that allow you to turn your assault rifle into a .22 are also worth considering. Currently such kits are available for the Mini-14, AR-15, HK-93, and HK-91.

Perhaps the best bet for sniping at small



A scope makes a lot of sense on an air rifle for pest control.



A Harry Owen cartridge adapter can turn an assault rifle into a single-shot .22 rifle. With the CB Cap, .22 LR and .22 LR Hypervelocity, a survivalist has many options.

animals is the pellet rifle.

If you think of pellet guns in terms of the old Daisy you had as a kid, forget that train of thought. Modern pellet rifles aren't toys; they send out little bolts of lead at speeds that approach .22 rounds. The real plus is that ammunition is cheap (air and a small bit of lead) and the rifle actually gets better with use because the parts wear in and function more smoothly. (And if you hate to clean rifles, another plus: cleaning is easy and only needed every thousand rounds or so!)

Before you run down to your local discount store and buy an air rifle, there are some things to consider if you're to get a rifle suitable for pest control (as well as hunting small animals).

For one thing, a pellet gun kills by penetration in a manner of a knife or arrow. Momentum and pellet size aren't considerations; speed and accuracy are.

Second consideration for survival use is the need for minimum service and repair of an air rifle and the speed at which you can bring it into play (shots at pests will be fleeting, no time to pump 10 strokes to get full power). This means the single-stroke spring-powered air rifle is ideal both for ease of use as well as long-term dependability since it doesn't have any valves which easily spring leaks.

A pellet traveling at a velocity of 500 fps is the minimum needed to kill a large rat (pellets are lethal at lower speeds but this speed is needed for "clean kills"). Assuming that you want to have the ability to strike anything from a rat down in size out to 50 yards, you'll need a pellet rifle with a muzzle velocity of 800 to 850 fps in order to have at least 500 fps at 50 yards.

A scope is a real plus to take full advantage of the accuracy of an air rifle. Though a scope takes the adventure out of pellet gun use, it does make for more pest kills.

You may need to deal with "sometimes pests" like dogs digging in the garden or cats eyeing the hen house. In such a case, pellet guns loaded with felt pellets will allow you to injure only an animal's pride rather than killing it for a minor offense (just be careful not to hit it in the eye). Inexpensive BB pistols will also work for this purpose and I've found that an "El Cheapo" BB pistol or two has turned up in my arsenal of weapons just for warning off strays. And don't forget the good old tossed rock.

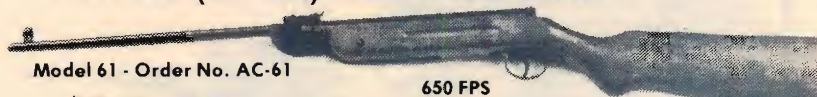
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An End To MADness

Continued from page 35

Re-entry Vehicle, MIRV, type. Kill just one missile in this phase, before it has a chance to release its warheads or re-entry vehicles, RVs, and you have saved up to 10 targets, perhaps cities, from being hit.

The second layer of defense of High Frontier, or GBMD 2, would cover the trajectory of the missile flight from its post boost stage, (after the engines burn out), until the individual warheads begin re-entry into the earth's atmosphere. Defenses in the GBMD 2 layer will seek to further reduce the number of incoming missiles, and also individual warheads as they separate from their carrier missiles. Soviet missiles will enter GBMD 2 approximately 9 minutes after launch. They will remain within the GBMD 2 layer for close to 20 minutes, before they re-enter the atmosphere.

Layer 2 defenses will also be available to defend U.S. intelligence and command and control satellites in orbit. This ability will help prevent the U.S. from becoming strategically "blinded" by the loss of these vital systems.

Taken together, GBMD 1 and 2 should be able to destroy up to 96 percent of all missiles launched in an attack on the U.S. Those that do escape will enter the third layer of defense.

Layer three is a ground-based point defense system. It is intended to protect individual targets in the U.S. These targets range from individual ICBM silos, to command and control facilities, to airfields and other military targets. The systems in this layer of defense will be able to discriminate between real warheads and decoys. They will have sufficient range to destroy incoming warheads, so that even if a warhead detonates, it will not destroy the target. This defense layer could kill up to 85 percent of all warheads which successfully penetrate the first two layers of defense.

Taken together these three defensive layers could potentially destroy over 950 warheads out of a 1,000-warhead attack.

In examining the weapons and systems to be used in the High Frontier program, it is logical to start with those systems which are available now, or which will be available in the next two or three years.

Perhaps the most immediately available portion of High Frontier is the third layer of the system, the point defense layer.

The technology and systems required for the point defense layer are currently available and could be in operation within as short a time as two years. Point defense systems could be deployed using "off the shelf" hardware, that is, systems already in use in other roles and on other weapons. Using off-the-shelf technology introduces a substantial time and cost savings in the development of the point defense layer.

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There are two basic types of point defense systems, guided and unguided. A guided system has the advantage of being able to seek its target and adjust for the unstable atmosphere in which it would be operating. An unguided system, on the other hand, is substantially cheaper to build and maintain, can function automatically, and would probably be deployed in greater numbers than would a guided system. The larger number of launchers in an unguided system would probably equal the warhead killing capacity of fewer, but more accurate guided systems.

Some of the currently available systems under consideration for use in the point defense layer are listed below.

GAU-8 Gun System: This weapon system is in current use on the A-10 aircraft in an anti-tank role. It is a 30mm cannon, of "Gatling gun," multiple barrel design. It is capable of firing 4,200 high explosive rounds per minute. When fitted with range finding radar, the kill probability of the GAU-8 against incoming warheads is estimated at approximately 90 percent. This system, since it is in the current defense inventory would be one of the most cost effective to use in the point defense layer. There is an additional advantage, as the GAU-8 does not fall under the prohibited systems of the ABM treaty.

SWARMJET: The Swarmjet system is currently being studied for effectiveness in an ABM role. The system would use a series of launchers, each containing 500 to 1,000 small rockets. Each rocket is only a few inches in diameter and about a foot long. They are non-explosive and achieve a kill on a target through impact. Launchers and radars would be sited around silos and would fire volleys of 10,000 rockets to kill incoming warheads. Reaction time of the system is about 1 second. An 85 percent kill probability can be expected from the swarmjet system.

The Limited Area ABM uses a guided missile which carries a "fletcher" warhead. The ABM warhead fires a "screen" of non-explosive fletchettes into the path of an oncoming warhead. The warhead is destroyed through impact with the fletchettes. This system was tested successfully in June 1984 when a missile fired from Vandenberg AFB was intercepted and destroyed over Kwajalein island by a missile using a similar warhead.

LOADS, or Low Altitude Defense System, is a guided missile system using nuclear or non-nuclear warheads. Research and development have been underway for sometime.

Layer 1 of the High Frontier project is discussed next because for this layer also, much of the needed technology is, or soon will be available.

Layer 1, (GBMD 1), could consist of a large number of orbiting satellites called "trucks." These trucks will number about 400 in all. Each truck will contain a number of carrier vehicles, CVs. Each CV is made up of a propulsion unit and a kill vehicle, KV, which can be launched and individually guided by the truck. The KV is non nuclear and uses the kinetic energy of impact to destroy the target. The 400 trucks would be placed in orbits which would allow the trucks to protect each other, as well as fulfilling their primary mission of ballistic missile defense.

Layer 2 of the High Frontier project is somewhat more dependent on technological breakthroughs than the other defense layers. Currently being investigated for use in layer 2 are particle beam, PB, systems, high energy laser systems, and other even more exotic missile killing weapons. Effective layer 2 systems will add greatly to the overall High Frontier concept once developed, but such development is *not* a precondition for emplacing the layer 1 and point defense systems.

Particle beams consist of charged atomic or subatomic particles, such as highly charged electrons or neutral hydrogen atoms. Particle beams, when fired, are referred to as "bolts" because of their similarity to lightning bolts. One need only find a tree or telephone pole which has been hit by lightning to see the damage that such a bolt can produce.

Particle beams are currently undergoing extensive research in the U.S., at the Los Alamos Lab, N.M., and in the Soviet Union at a site called Sary Shagan. Estimates by planners indicate that both countries may be able to deploy a PB weapon sometime during the 1990s.

Laser technology is far ahead of PB technology. Tests conducted by the USAF Airborne Laser Laboratory have already resulted in missiles in flight being shot down using laser beams. Other laser test weapons have sheared the wings off drone targets and have downed helicopters. Even relatively small anti-tank missiles have been destroyed while in flight using lasers.

A laser weapon designed for use in layer 2 would most likely be ground based and use an orbiting reflector to direct the beam. These reflectors, sort of super high tech mirrors, would be aimed by computers on the ground, and would be able to rapidly shift the reflected laser beam so as to be able to engage numerous targets. An alternative to a ground-based laser and orbiting reflector would be a space-based chemical laser unit. The main advantage to an orbiting laser system is that it does not have to travel through the earth's atmosphere which tends to break up laser

Continued on page 70

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Affordable Food Storage

Continued from page 27

give him only the four items just mentioned, he would no doubt dislike it. Even though it would keep him well fed and healthy, it is just not what he is used to, and he may reject it altogether. In survival situations, many people have actually starved to death rather than eat perfectly good food that was all around them because it was different than what they were used to. A severe change in diet causes stress. If the person considers his new diet to be worse than the old one that will cause more stress. In a survival situation stress is something you want to keep to a minimum. We are used to variety. Unlike most people in this world we get upset if we have to eat the same thing over and over each day regardless of how good it is. For some reason this is what most of us associate with captivity, and for this reason, whether you use your food storage to tide you over in an economic crisis, or deep in an underground shelter during an all out attack, you must go out of your way to provide a variety of pleasant palatable meals. It is suggested that you overcome these difficulties in two ways. First, learn to cook with the foods that you plan to store. You must know beforehand what the possibilities are. Second, store other items as well as wheat, powdered milk, honey and salt. Use these foods in your daily diet, but you will have to rotate them because they have a shorter shelf life.

This lets you use the food you store now so that when a crisis comes the food you will eat will not be any different than what you would normally eat and would not cause any stress.

Storing food in this manner allows you to keep your storage foods fresh at all times and all of your foods with a short shelf life would be constantly replaced. Another way that this may be helpful is the fact that it is probably a lot cheaper, and the money you save can help in other areas. If you eat a lot of junk food, it may not only be cheaper but a lot better for your health. Eating the same foods now will also tell you how much you need to store for the future.

Supplemental Foods—Now that we have a reason for a little variety in our diet, here are some foods you may want to consider among the 8,000 choices at your local supermarket. Peanut butter is high in protein and fat. It can be combined with other foods to make some very tasty desserts and it is totally compatible with the basic four items you are storing.

The next items that you might consider would be fruit juices. They can be combined with other foods for flavor and they provide an alternate supply of liquid if something should happen to the water. Vitamin pills, soybeans, lentils, dried green peas, millet, yellow corn, blackstrap

molasses, brown rice, dry yeast, and vegetable powder are all foods that are inexpensive to buy, blend well with the basic four storage items, and are high in nutritive value, but they will require rotation so use them in your daily meals.

Canned meat, tuna fish or pilchards, along with figs, rice polishings, sauerkraut, canned tomatoes, low moisture commercially dried fruits and cocoa are all good additions and will last from three to five years. Most other canned or dried foods will last from one to three years and must be rotated within that time.

Evaporated milk will last from three to five years but it must be agitated at least every six months. Other foods that can really add variety are bouillon cubes, onions flakes, dry soup mix, sesame seeds, alfalfa seeds (to sprout for salads), dry grated cheese, garlic, vanilla, mushroom soup, gravy mix, meat seasonings, almond flavoring, cinnamon, nutmeg, food coloring and rennet tablets, gelatin desserts, pineapple (juice and slices) along with dates and prunes, can all add variety to meals at very little cost.

This additional food storage will allow you to meet all the U.S.D.A. requirements for yourself and your family, especially if you learn to sprout the beans and grains for their added vitamin and mineral content.

Water—You must store water in adequate amounts if you want to be absolutely certain of having it when the need arrives. Water makes up about 80 percent of the food we eat and about 50 percent of our blood. In an emergency our need for water may be greater than our need for food. We can do without food for long periods of time without any harm to our bodies. It is not at all uncommon for someone to have fasted for three or four weeks without harm. A short fast of one to three days may even be good for us. Going without water is another matter entirely. Water is used in nearly every process of the body. Our need for water is constant. We can not store it like we do food. Even now under normal and somewhat opulent circumstances, most of us do not drink as much water as we should.

For cooking and cleaning, you should store a minimum of one gallon per person per day. An average adult male body contains more than ten gallons of water. The loss of 10 percent body weight in water is disabling. The loss of 15 to 20 percent of your body weight in water could be fatal.

It is preferred that water be stored in heavy odorless plastic bottles. Glass jugs or bottles with screw tops can be used. Metal containers tend to give water an unpleasant taste after long term storage. Instead of buying water purification tablets for

water about to be stored, you can use a bleach solution containing five and a fourth percent sodium hypochloride to it. About eight drops per gallon or one half teaspoon per five gallons for clear water and about double that for water that is a little bit cloudy. You can last only about 10 days without water, so don't waste it.

Other Necessities—There are many more things you should know about food storage than it is possible to contain in this article. There are many items that you should have in your kitchen or storage shelves, that would not usually be found in the average home today, but will be needed in the future. Your grandmother had tools in her kitchen that she considered most important in everyday use that most of us would not even recognize if we saw them. She did not have the option of buying her food preprocessed and packaged from the market. If you want more information on this storage program and all other types of food storage, plus equipment list, survival menus and recipes, food preservation, etc., pick up a copy of Esther Dickey's *Passport To Survival*, published by Bookcraft, Salt Lake City, Utah. This book is one of the best written, most complete efforts on food storage around. It will likely answer most of your questions, and give you information on a lot of things you never thought of asking.

In this day and age there are very few of us engaged in farming, something less than 10 percent. Just like the rest of us, farmers have become systems-dependent people. They are completely dependent on a continuing supply of fuel, machinery and transport systems to continue farming on a large scale. If violence strikes or anything else interrupts this highly interdependent system of food production, famine could be the almost immediate result. The food in your supermarket would be gone in days. People would be left to their own devices to provide sustenance. The scope of that disaster could be too horrible to contemplate.

Yes, you would have to be able to defend yourself. It is just as true you will have to be able to feed yourself, and when the situation is immediately at hand you won't have time to grow what you need. If violence continues it may be some time before you will be able to do so.

If you don't have food storage you will be part of the problem, and increase your chances of succumbing to the violence.

This food storage program is inexpensive, once you have the basic four items you can expand as much as your budget and your imagination will allow. In either case the diet is nutritionally sound and complete with enough calories for even stress conditions. ●

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Car Care Kits

Continued from page 43



Here are several types of fluids for emergency maintenance.

shift levers. Most owners find that every vehicle has a personality and since many of us cannot afford to replace a vehicle with inherent flaws (most often discovered in used cars) we either learn to adjust or pay the piper.

The aim of this article is to help the reader with little knowledge of just what makes their car tick. Obviously the reader who is skilled in trouble shooting and/or jury rigging, which may be conducted under adverse conditions, should consider a more in-depth tool and parts selection.

Your tools should be treated with respect. This means keeping them clean and dry. Suggested repositories include a number 10 coffee can with plastic lid, military surplus ammo box or a roll-up tool pouch commonly used to hold wrench sets for mechanics.

Screwdrivers: flat head—one each, 3/8-, 1/4-, 1/2-inch; #2 Phillips.

Wrenches: if restricted by budget by only one wrench, an adjustable smooth jawed 10-inch crescent or spanner. We recommend purchasing an inexpensive wrench stack which has between five and seven wrenches held together by a spring clip. If separate wrenches are bought select the combination type which have a box style end and an open end.

Pliers: lineman's or side cutting; one pair medium slip joint (adjustable); one pair vice grips; one or two pairs large needle nose; one pair tire pressure gage;

retractable blade utility knife; inexpensive socket/ratchet set; electricians stripping/crimping tool.

Fluids—A convenient way to store fluids that will help prevent messy leaks is the following. Take a clean, used plastic gallon milk jug and cut off the top. Line the bottom with rags to sop up any spill. One or two of these containers will suffice and you can save the top for a makeshift funnel. Your fluids should include the following: light penetrating oil (WD-40), Knockers Loose, Three-in-One, gun oil; carburetor and choke cleaner; brake fluid; starting fluid; ignition drier; quart of motor oil.

Parts—The reader will notice that listed parts rely heavily on improvisation and ingenuity where the idea is stopgap rather than a permanent fix. Parts include the following: roll of quality electrical tape; five-foot length of #18 stranded copper hookup wire; five-foot length of bailing wire; small pocket of cotter pins, safety pins and a few nails; large tie wraps to stop lines and hoses from dangling; small packet of plastic crimp-on electrical terminals; assortment of correct size fuses.

The following accessories will also aid in repairs: a pair of disposable mechanics coveralls; rags; work gloves; small tube of waterless hand cleaner; flashlight; and highway flares or reflective markers. ●

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Stalking

Continued from page 72

sticks that are so obvious. Set your foot down slowly, toe first, then ease the balance of the foot down before you place your weight on it.

Take a few slow steps, scanning the ground before you set your foot down. Stop, look around you. Never go forward until you have done a slow scan of the area around you for game or other people. Look for irregularities in shadows or silhouettes in the trees and bushes nearby. Never step on limbs and logs that you can step over. Never step over until you have carefully looked at the ground on the other side. Be certain you won't set your foot down on top of a rattlesnake. Nothing can ruin your day as much as an angry snake under an unsuspecting foot. Besides the last thing you need is a bite from a rattler or copperhead to disable you. If you happen to be the major food provider for a small group or family, an accident which puts you out of commission could well be the death knell for the people who depend on you, especially if they do not have your skills.

Train your eyes to sweep the terrain in at least a 180-degree arc in front of you as you go along. Be alert for movement of any kind. Shadows which move independently, tracks made by animals passing through, human footprints, all are worthy of your attention. Take care to judge the age of the tracks you find in your path. The fresher the tracks are, the more crisp the edges of the imprints will be. Feel the earth. Is it moist or dry? Judge the age of the imprints by the character of the ground underneath. If the dirt is moist, the track will hold its shape a bit longer before it breaks down. If it is dry, the track will dissipate as breezes or other disturbances cause the dry earth to shift. By carefully judging the track, you will be able to tell how long it has been since your quarry passed by.

Watch for broken branches and bent grasses along the trail you travel. You can tell the age of a trail through grass by the speed in which the grass blades straighten themselves up after being bent. Broken branches will be sappy if the break is recent. The wood in the break will be a light color. As the break ages, the color darkens and the sap dries up. When the chips are down, little things mean a lot.

Every few steps, hesitate in the shadow of a tree or a bush and scan your back trail. Crouch low and look under the brush and tangled growth around you. Look for animal or human legs. You can differentiate between sticks, tree trunks and animal or human legs because living things

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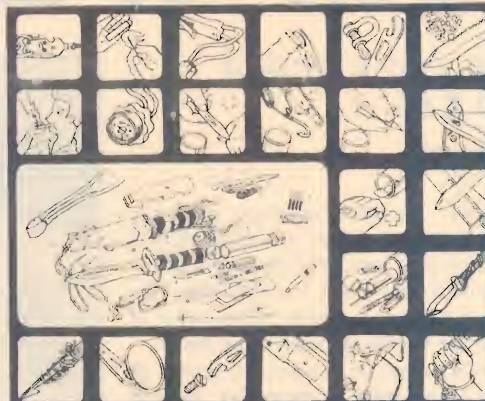
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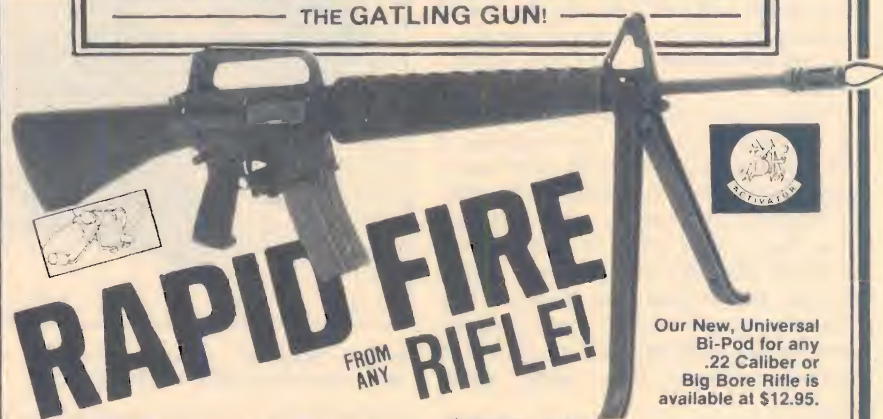
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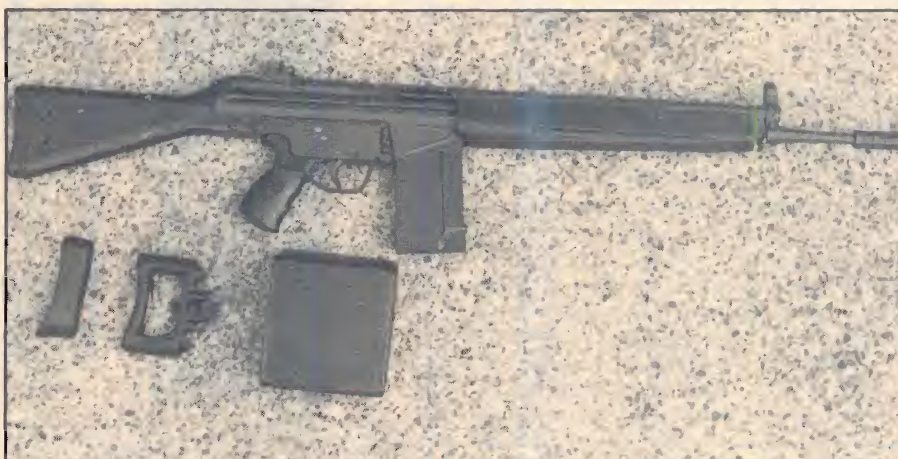
When it comes to accessories aimed at making those little differences in the H&K, E&L Manufacturing in Cave Creek, Arizona, offers an extensive line of after-market accessories. Aimed at shooters who want perfection of fit, comfort and convenience the E&L accessories shown here feature the finest materials and workmanship. If you're serious about your shooting, check out the items covered below.

First out of the chute is the E&L stock extension. This extension is fitted easily in place of the factory butt plate and allows you to increase the stock length in three increments. By adding or removing portions of the pad you can vary the overall length by $\frac{1}{2}$, 1 or $1\frac{1}{2}$ inches of extension, allowing adjustment to meet your particular needs.

Fitting of the extension involves removing the stock butt plate and replacing it with the E&L unit. The stock plate snaps, rather tightly, into the stock of the rifle. We clamped the plate in a vise and used more than a little effort to pull the rifle free. Next the E&L extension was tapped in place and secured with its fixing lug. Final adjustment is made by removing two screws which hold the pads in place and stacking to your likes using screws supplied.

Once we had the stock extension fitted and adjusted one of E&L's new recoil pads was installed. The pad is made of a very durable rubber with a waffle type cushion design. Easily stretched over stock or extended butt plate the pad absorbs more shock than one would expect and adds about $\frac{1}{4}$ inch to the overall length of the rifle.

Prior to firing we attached an E&L brass catcher. Made of black, textured ABS plastic, the catcher snaps easily into place and unlike those unsightly bags, it actually complements the rifle's lines. However, convenience is the name of the game here and with a capacity of over 60 rounds the solid catcher saves time, effort and money.



LEFT & ABOVE—Once factory butt plate is removed E&L extension snaps into stock allowing extension adjustment from $\frac{1}{2}$ to $1\frac{1}{2}$ inches. Extension kit sells for \$24.95.

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Gunshot Wounds

Continued from page 38

dressings must be kept continually wet and care must be taken to prevent continuing contamination of the exposed organs. Expert resuscitation using IV replacement therapy, with whole fresh blood if available, must be maintained before surgical treatment is obtained.

Care of Extremity Wounds—Gunshot wounds of the extremities are statistically the most common site of wounding. Proper first care of extremity wounds is necessary because of the ultimate disability that will result from neglect. Hemorrhage, fractures and wound infection are the three main problems. Control of bleeding from an extremity sustaining a gunshot wound presents serious problems because of the severe nature of such wounds. Many gunshots of the limbs cause what is known as "blowout fractures," with a large volume of tissue lost from the wound of exit. Alarming bleeding from the depths of a large, ragged wound is frightening and difficult to control. The best method is to stop circulation with a BP cuff tourniquet, sponge out the wound and irrigate out the clots, release the cuff and locate the points of bleeding visually. Wound packing of the vessels can then be done under direct vision. A large absorbent dry dressing is placed after wound prophylaxis has been performed.

Fractures must be completely splinted before transport. A Thomas traction splint is mandatory for gunshot wounds of the thigh and lower leg. Improvised splits must completely immobilize the fracture and should be adequately padded.

Careful assessment of circulation should be done to assess the loss of function caused by blood vessel and nerve damage. Care should be taken that splints do not obstruct circulation or cause pressure excoriations. If serious interruption of arterial flow to an extremity exists, it will be necessary to transport as soon as possible to prevent loss of the limb.

In all cases of gunshot wounds, a competent and methodical approach is necessary to preserve life. Persons interested in disaster emergency medicine should make an effort to study every available text and article on emergency surgery. ●

SUGGESTED READING

1. *Medicine for Mountaineering*, The Mountaineers, 2nd Edition 1978.
2. *Flint's Emergency Treatment and Management*, W.B. Saunders Company, 1980.
3. *Atlas of Emergency Medicine*, The Williams and Wilkins Company, 1979.
4. *Care of the Trauma Patient*, McGraw-Hill Book Company, 2nd Edition, 1979.
5. *Hamilton Bailey's Emergency Surgery*, Year Book Medical Publishers, Inc., 10th Edition, 1977.

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Staff Report

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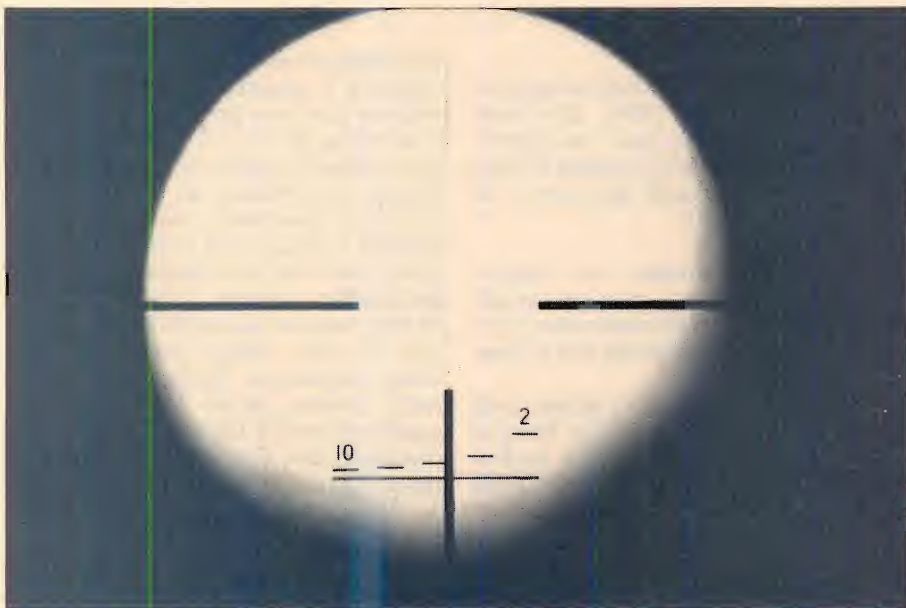
The bag is made of canvas and comes with either the original canvas strap or this new hand-oiled harness leather strap five feet long.



The British military surplus haversack measures 10 by 10½ by 2¾ inches.

NIMROD

Continued from page 25



Looking at the reticle with the flexible rubber eyepiece attached will look like this.

located above an unbroken stadia base line. The top stadia lines represent ranges, 200, 400, 600, 800 and 1,000 meters. They are read right to left and only the 200 and 1,000 meter lines are labeled, "2" and "10," respectively.

To determine the distance, the target is bracketed between the appropriate stadia lines (on a human target it would be aligning one stadia line at belt level and another on top of the head). This system of measurement is based on the average length of a man-size target. From top of the head to the waist equals one meter.

Once the range is determined, then the elevation drum, graduated for settings between 200 and 800 meters, is dialed to the correct setting for automatic bullet drop compensation. For ranges under 200 meters there are no settings since the difference of the point of impact will be insignificant under combat conditions. The elevation drum is calibrated for use of the military M118 match ammunition and zeroed for 300 meters.

For proper bullet compensation at ranges of 900 meters and 1,000 meters, an auxiliary crosshair, beneath the primary crosshair, can be used. When using the auxiliary crosshair, the elevation drum must be set at 800 and six clicks are subtracted for 900 meters or five clicks added for 1,000 meters.

To allow the proper mounting of the Nimrod on semiautomatic weapons, the windage drum has been located on the left side of the scope tube because operating handles are usually located on the right side of the weapon. The windage drum can

be adjusted up to 22 clicks to either side of zero. Remember that zeroing should be accomplished in no wind conditions.

On both drums, each click represents .25 mils. Each click of adjustment will equal 2.5 cm or 1 inch at 100 meters, 2 inches at 200 meters, and so on.

After zeroing, the elevation and windage knobs have to be adjusted to "technical zero." While holding the elevation drum stationary, the tightening nut is unscrewed (you can do it with a coin) and the correct range indication on the drum is aligned with the index mark. The same procedure is used for zeroing the windage knob except the "0" indicator on the drum has to be aligned with its respective index mark.

Extras—Accessories that are furnished with the Nimrod include: an amber and gray filter, transparent lens cover, and a rubber flexible eyeguard. The colored filters can be screwed into the eyepiece for use in foggy or misty conditions (amber) and during strong sunlight conditions (gray). A transparent lens cover allows the use of the scope without removal of the lens cover in an emergency. The rubber flexible eyeguard can be attached onto the eyepiece by those who prefer a "dark tunnel" effect between the eye and the eyepiece.

People who are interested in precision shooting should take a closer look at the Nimrod. It is not cheap at almost \$600 a copy, but it is certainly comparable in price and quality with other reputable sniper scopes on the market. ●

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An End To MADness

Continued from page 61

beams.

Laser defense systems could be deployed by the early to mid 1990s. The Soviet Union currently has in place, two ground-based test lasers which according to some estimates could be used right now in an anti-satellite capacity.

Costs, Time Frames—An effective defense layer could be in place and operating to protect up to 500 missile silos in two to three years. The projected cost is about \$4 billion.

A first generation layer 1 system could be on line in five to seven years. Using as many off-the-shelf components as possible, the projected cost ranges from \$10 billion to \$15 billion.

The estimated time frame for deployment of a layer 2 system is about 10 years. The cost would be comparable to that of the layer 1 system, about \$15 billion.

Breaking the costs down shows a total expenditure of approximately \$40 billion over a 10-year period, about \$4 billion per year. The current U.S. military budget is well in excess of \$200 billion for this year alone. When viewed in light of the enhancement to national security that High Frontier would provide, the cost is not exorbitant. Also not taken into account are the technological spinoffs which High Frontier would produce. In the long term, these spinoffs would far exceed the value of the monies invested. They could include industrial plants in space and the development of solar power stations which could "beam" solar energy for use on earth.

Criticism of the High Frontier project takes a number of different tracks, some more responsible than others.

Often heard is the argument that High Frontier will not be able to assure 100 percent destruction of incoming warheads. That, because of this, the U.S. will still suffer major damage if attacked. This is to a large extent true, however, the argument is based on a faulty assumption as to the purpose of defense in a nuclear context. The key role of a defensive system is to inject uncertainty into the plans of the attacker. If the attacker can not be certain of almost entirely destroying the victim's retaliatory capacity, then launching such an attack is suicidal. Ruthless the Soviets may be, but suicidal they are not. High Frontier will markedly increase the uncertainty of a successful first strike for Soviet planners. In doing so and thus deterring a first strike, High Frontier will have done its job.

High Frontier is often criticized on the grounds that it represents the militarization of space. Two points must be remembered in considering this argument. First,

while High Frontier is of course military in nature, it is designed only to kill nuclear weapons that have already been launched in an attack on the U.S. High Frontier no more militarizes space than wearing a bulletproof vest provokes an attack. Second and more importantly, the militarization of space is already well underway by *both* sides. Both sides have tested successfully, anti-satellite weapons. The U.S. Space Shuttle program has an Air Force offshoot with its own military launch facilities under construction. The Soviet Union currently allocates up to 70 percent of its space missions for military purposes. The command and control systems of both powers depend almost entirely on military communications and intelligence satellites. Just as with atomic weapons themselves, it is too late to put the cap back on the bottle with regard to the military uses of space.

It is of course obvious that the Soviet Union voices loud objections to the High Frontier concept. The objections are always made with the interests of "world peace" as the paramount argument. Stressed far less, or not at all, is the continuing buildup of Soviet ballistic missiles and the Soviets' own military space program. Underlying all the rhetoric is the very real Soviet fear that the U.S. does indeed have the capacity to build a High Frontier project, and thus to render obsolete the Soviet nuclear threat, both to us and our allies.

Conclusion—Read the following two quotes carefully:

"The principal task . . . consists in defense of the nation's entire population against mass destruction weapons. The goals are . . . timely preparation for defense against mass destruction weapons and the securing of victory in war."

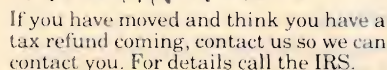
"From the standpoint of strategy . . . deterrent forces and effective antimissile defense . . . substantially increase the stability of mutual deterrences."

The two quotes represent a common sense approach to nuclear deterrence and an inherent rejection of MAD. It is most distressing to learn that the quotes above were made by two high ranking *Soviet* officers.

High Frontier is the one chance that the U.S. has to repudiate MAD, something the Soviets did many years ago.

The High Frontier project will not only defend the U.S. and her allies from Soviet nuclear attack, it will also be the first *real* step ever taken in the control of offensive nuclear weapons. There can be little rationale for a continuing buildup of nuclear arsenals once an effective counter to them is in place. Should the Soviet

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An End To MADness

Union deploy its own High Frontier system in response to U.S. deployment, we need only wish her well. Such defensive deployments can only increase the feeling of security on both sides, and at the same time reduce the threats under which we now all live.

MAD is the past, and if continued will eventually result in starting the very chain of events it was designed to stop. High Frontier is the future, and is perhaps the only chance of survival left to this country and the world. ●

THE PAST YEAR has seen some spectacular results on a number of the systems being researched under the SDI-High Frontier umbrella.

Kinetic energy weapons ranging from magnetic "rail guns," which launch projectiles at speeds up to 25 miles per second, to an umbrella-like device which unfurls in the trajectory of an oncoming warhead and destroys it by impact, have been successfully demonstrated.

Laser systems have shown the ability to acquire and track an 8-inch target mirror onboard the space shuttle. During this test the shuttle was actually moving faster in its orbit than an oncoming warhead would be. The ground based laser was able to lock on and track the target onboard the shuttle for a period of time that was far longer than would be necessary for a laser to destroy a warhead or booster.

Another recent laser test dramatically showed the effect of a high-power beam aimed at an old Titan booster used for the test. The target booster was placed 1/2 mile from the laser itself and, when hit by the beam, seemingly exploded from within in a fiery blast.

Other systems in the SDI-High Frontier project have also made significant advances. Particle beam systems have begun to show great promise as have methods which allow SDI weaponry to discriminate between real and decoy warheads.

So much progress has been made in the "hardware" of SDI in so short a time, that the debate over SDI has taken on a new character.

Initially, those opposed to the SDI-High Frontier concept used the term "star wars" as a derisive name and commentary on the program. They argued that the technology needed for SDI was not available now and would not be for many decades—if at all. Given this "fact," they argued against research and funding for SDI.

That line of criticism has for the most part died away. There are now very few, even in the ranks of those who oppose SDI, who claim that technologically the program can't work. The argument against SDI has now shifted to one of philosophical opposition to the concept of defense against nuclear attack.



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Operation Snow Eagle

Continued from page 30

major explained. "Straight methanol or kerosene to thin fuel will do the trick. Also soldiers followed standard operating procedures and started vehicles every two hours in below zero temperatures.

"When drinking water froze, men took the canteen from its carrier and placed it near the body in the inside pants pocket. When our 500-gallon water 'buffalo' tanks froze because their heating elements malfunctioned in the extreme cold, the soldiers moved them inside the tents to thaw. It was all a learning experience as it should be."

Second Lt. Robert Boyle, a scout platoon leader with the 1st. Combat Support Company in 174th Infantry, based in Tonawanda, New York, served three years in the Guard and had been to Ft. Drum many times before. As section leader of the 3rd battalion's D Company, this exercise he commanded 18 men on various reconnaissance missions. In area recons, he searched for an airfield, chopper landing and pick-up zones and ambush sites. From an objective rally point, teams covered an area designated by given coordinates, averaging five kilometers a day. They

memorized prominent features, obstacles, slopes, snow depth for landing zones and assessments of kind and number of aircraft that could be accommodated.

"Once, we were assigned zone reconnaissance against enemy elements, accompanied by fire to harass, and a hasty retreat," he declared. "Due to heavy snow, it took two hours to travel two clicks and they were leaving as we arrived. It's a shame. Our approach from their rear worked so well, they never knew we were there." Aside from the decreased speed, he reported, the cold weather offered only minor problems for his men.

"The men were instructed against frostbite, a common cold weather injury," explained Lt. Boyle. "It causes freezing of the flesh and destruction of body tissue. The hands and feet become extremely cold, then numb. The skin below the eyes turns red, later pale gray; then intensely white, accompanied by a general feeling of drowsiness.

"We had the men practice remedies at their first indication: covering their faces with hands or cloth material; placing cold hands under the armpits or against the

skin. They placed mildly frostbitten feet against the belly of a buddy."

In case of serious frostbite, he continued, "the men should be evacuated from the field immediately. They should not massage, rub or bend the inflicted area or expose it to flames or ointment for thawing. Afflicted feet should not be walked on. The men understood these points well and while we had some mild frostbite, nothing more serious developed."

Major Steve Trinkle, executive officer of the 174th, found his 101st counterpart experienced many of his problems and he avidly watched how the active Army dealt with them.

One of the biggest pluses of Snow Eagle was rounding out training of both active and National Guard elements to meet a variety of challenges, Maj. Trinkle declared. "We should be prepared to fight anywhere in the world in all types of climatic conditions. During Korea and WWII in Europe, for example, there was some extremely cold weather fighting. We must be ready to handle such possibilities in the future. We took a step in that direction at Ft. Drum." ●

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Stalking

Continued from page 65

have an extreme regularity in them. Take the time to constantly pause to listen for sounds and movements that are out of the ordinary.

Like it or not, humans stink. Animal noses are far more sensitive than ours and they can smell us for greater distances. They can smell the food we ate for our last meal. They can smell our fear. They smell our body odor which, by the way, becomes stronger to an animal when we try to conceal our odor using colognes and deodorants. To counter delivering scent to every animal in the field, or to extra sensitive human noses, practice walking into the wind. Since that might not always be possible, there is another, more positive way. Try standing in the smoke of a healthy campfire before you go into the forest. The woodsmoke effectively masks human odor.

Do not overlook problems uneven breathing can create. Progress through the woods is easier if you practice controlling your breathing. Nothing fancy, just keep it slow and regular. Every so often take a deep breath to keep your system charged with oxygen. The oxygen level keeps you primed and ready for action. Keeping your breathing under control allows you the ability to magnify your hearing and awareness of things around you. You will be sensitive enough to realize that you are either progressing too fast, too slow, or just as you should be through the forest.

If you have stalked well, you will see some game. When this happens, remain cool. Do not get anxious. Take a deep breath and begin to maneuver closer until you can make your shot. Then stay put for a moment. Scan your immediate area for another deer or game animal. Many times, you can bag a second animal without leaving your place of concealment. Usually a deer will not go down immediately when it has been shot. It will run. When you do not immediately give chase, the animal will not add more panic to its already frightened condition. It will often trot only a short distance before it caves in. By maintaining your control, you will not have to pursue your game very far.

Stalking is an art. If you observe only a few fundamentals, you will be able to obtain game and stay alive even when others think the situation is hopeless. You will save ammunition because you can get close enough for a one shot kill. You will **save time because you went after the game** instead of waiting for it to come to your traps or snares. And that all but guarantees your adequate salvation from starvation. It means your survival. ●

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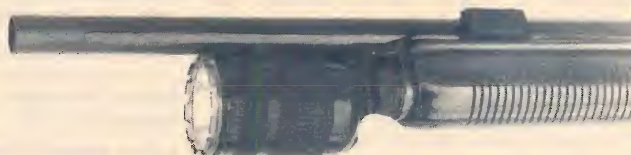
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Quick Jack

This light, handy jack works in seconds anywhere using your vehicle's exhaust . . .

Staff Evaluation

IF YOU'VE ever been stranded by a flat tire far from help and perhaps in foul weather, you probably know how unpleasant and difficult it can be to have to change a tire in darkness, cold, rain or snow. Using standard automobile jacks can be slow and troublesome.

Quick Jack makes changing a tire fast and easy. It comes in a plastic carrying bag and weighs just under four pounds. There are only two parts to this jack, an inflatable heavy duty PVC plastic bag with patented seam joining and 15-foot heat-resistant PVC hose with a cone at one end for attaching to an exhaust pipe.

After chocking tires and setting the gears and brake of the car or small truck you wish to lift, place the bag under the desired spot on your car (avoiding the exhaust pipe or other hot parts), connect the hose to the bag and the other end of the hose with the cone over your exhaust pipe end.

The cone can be pushed onto the end of the pipe so it stays on by itself but the user may have to hold it on to insure proper inflation of the bag.

After everything is hooked up, simply turn the engine on and in less than 30 seconds the bag will be fully inflated, lifting that portion of the vehicle off the ground. Make sure to turn off engine as soon as the bag is inflated. The bag has a 20-inch ground clearance. Should you forget to shut the engine off, the safety cone pops off by itself.

When you're finished changing the tire or whatever job you had to do with the aid of the jack, just slowly turn the handle at the end of the hose attached to the bag. The handle opens a one-way valve releasing the exhaust gases from the bag and deflating it. Be sure to have proper ventilation. The bag also deflates in seconds. A damp cloth wipes it clean.

While this jack is made of strong materials and should last a long time with proper care, the manufacturer, Atlantis Impex Ltd., advises against crawling under the vehicle when it is jacked up with the Quick Jack. The bag could be punctured, or burned by a hot exhaust pipe.

The Quick Jack is light, simple and easy



Quick Jack inflates in less than 30 seconds using your vehicle's exhaust.



LEFT—Slowly turning the handle on the hose connection quickly deflates the bag.



The jack weighs 3 pounds, 14 ounces, and comes with illustrated instructions for use in this carrying bag. There are two parts to the jack: the PVC bag and 15-foot hose.

to operate and ideal for a number of uses, including putting snow chains on your vehicle's tires. It can be used in snow, sand, mud or gravel where a regular jack would not work. And the Quick Jack will lift up to 3,000 pounds, making it suitable to lift one side of a 5,000-pound vehicle.

The Quick Jack comes with instructions, technical data and diagrams for use. It can be purchased for \$39.95 plus \$4 shipping and handling or two for \$68.95 postpaid from SI (Survival Incorporated), Dept. ASG, 18239 South Figueroa St., Gardena, CA 90248; phone (213) 324-8855. ●

Field Stoves

They've been around since the early days of this century . . .

By Edward Brown

THE TREKKER, beginning to sense that numb, knocked out feeling which he knew meant he was close to running out of steam, started to look for a likely spot to lay up for the night as he moved along.

It has been a good day on the trail, and he'd covered quite some distance. Now the sun was edging lower in the western sky and an early evening chill was coming up. Time to make camp, eat, and sack out. Tomorrow would be another day.

The high country this trekker was moving through was tundra-like. When circumstances permitted, he liked the companionship of a fire, but here there was only bearberry, crowberry, and such-like low browse underfoot. He might manage a small squaw fire to warm his hands by a few moments with this stuff, but there was no real fuel for a cooking fire here.

No matter. The trekker undid the waist belt of his pack, and unslung his ruck in a sheltered spot. Digging into a side pocket of the Bergans, he pulled out a cylindrical field stove, a lightweight hiker's model which burned a mix of air and gasoline and could come on like a blowtorch.

After some fussing with levers and the built-in pump, and a minor adjustment of the flame level, the trekker put a pot of water on the stove, now roaring away with a blue flame. In a matter of minutes he'd have a steaming cup of tea and his freeze-dried stew would be bubbling away while he drank it. Things began looking up . . .

Field stoves have been around since the early days of this century, when the Scandinavians developed them for Arctic exploration, but it took World War II to provide the impetus for the engineering and building of a truly lightweight "pocket stove" for GIs who needed something handy for warming up their C-rations.

After the shooting died down and the backpacking boom began to be heard, the Swedes perfected various models of their justly famed "Primus" line, while on this side of the Atlantic the Coleman folks took what they had learned about stovemaking while producing the GI Pocketstove and arrived, after a number of permutations, at what has become the standard of efficiency in lightweight field stoves, the PEAK I (and now PEAK II).

The Gamut—Though the Coleman PEAK models are regarded by many experienced hikers and backpackers as the best around for performance and reliability, there are a vast number of others to choose from to suit practically any need or fancy. Field stoves today run the gamut from traditional gasoline models with pumps and refillable tanks, to cartridge-fed contraptions which look like props for space films, and the price range can go from around \$30 on up to close to \$100.

Because of this great variety anyone in the market for a field stove would do well to identify his purposes and needs for the item before opting for any model.

What fuels will be available? Most gas stoves, for example, work properly only with so-called "white gas," while others (the model Coleman makes for the military, for example) will burn other fuels as well. This could be a real consideration in a prolonged emergency situation. How about the availability of fuel cartridges? What about their shelf life for storage?

Weight is certainly a factor for anyone planning to bear his own load. If you're going long or high, you might consider something like the MSR Whisperlight, a stove which is gas-fed from a fuel bottle, weighs only 13.3 ounces, and will boil a quart of water in under four minutes. What about capacity and burning time? The PEAK 1, with a very large tank, holds enough fuel for the typical three-day, two-night backpacking excursion. It weighs in at a hefty two pounds. A SVEA 123R CLIMBER, on the other hand, comes in at 15 ounces—with small pot, but will cook the meals for only one day before running out of gas.

Going to be out in extreme cold? Be sure to pick a stove with a built-in pressure pump so that you can rely on the thing firing up. Gas stoves can be cranky when the temperature goes down or the altitude goes up, and you'll want no backtalk at mealtime from yours.

An important point: will you merely be heating food, as in the case of C-rats or freeze-dried preparations, or will you actually cook food: game, foraged plants, etc? If the former, all you really require in the way of a field stove is one with a flame which has no fine adjustment, but if you

intend to cook in the field, your stove should be equipped with an adjusting level which will allow a flame for everything from frying to simmering.

Noise—Another consideration, believe it or not, could be noise. If you don't like roaring sounds, brace yourself for the loud hissing a typical gasoline stove makes as the flame goes all out. It's not as loud as a lion's roaring, but if you've never cranked one of these things up before, be ready for the "engine noise." The stove's not broken or about to blow up: "that's the regular working sound."

Outdoor folk who can use an ultra-lightweight stove for hotting up one-person meals in canteen cups would be well to consider getting hold of one of the small alcohol burners on the market now. These are simplicity itself: a metal fuel reservoir with a removable cap set in some kind of stand-up base.

The kind of alcohol these things burn is sold in hardware stores as paint thinner and is quite cheap. There's no preliminary fooling around with an alcohol stove to get it going: just touch a match to the surface of the liquid and up comes a blue flame. It's not a very hot flame though, nothing like a gasoline burner-roarer, so the cook has to be patient.

A good bet for a survival kit rig is the "Tommy Cooker," a tiny folding stove which looks like a cigarette case and burns heatabs. The legs on the Tommy Cooker tilt over to form a base for a canteen cup or a Sierra cup type receptacle to rest on, and if you run out of heatabs in the boonies, you can always use twigs and wood chips in their stead.

As anyone who has been a field trooper in Uncle Sam's military the past 30 years or so knows, the "dry" element of a C-rat meal (crackers, cookie, etc.) comes in a can which can be converted into a handy little stove in about five minutes with a K-bar. Again, either heatabs or foraged twigs will warm a can of ham and limas quite nicely, and you can keep the fire going for a post-prandial cup of powdered coffee as well.

A caution: whatever stove you use in the field, use it strictly for cooking and be sure to do your cooking in a well-ventilated place—no matter how the cold drafts come in. Don't be tempted to let the stove run to provide warmth: it's not made for that purpose and such use could damage the stove—and you. Stoves *must* be used with adequate ventilation. There have been cases of campers going to sleep with the stove running and not waking up—ever. The stove used up all the breathable oxygen in the tent and provided a nasty quantity of noxious fumes to speed the dying along their way. ●



The new and the old. On the left are the original GI "Pocketstove" by Coleman and its two-section metal case. On the right is Coleman's contemporary, state-of-the-art PEAK I.



The current issue GI Coleman is lighter and more compact than its World War II grandfather. This stove is not particular about what fuel it burns and the so-called "white gas" is not required.



Here is a typical alcohol stove.



The SVEA 123, a mainstay of the backpacking fraternity before the PEAK I made its appearance, burns for nearly an hour on one filling and weighs about one pound.



The "Tommy Cooker" with heatabs and canteen cup, is a good item for small, light survival kits.



A cutdown C-rations can be used as a stove with heatabs or twigs.

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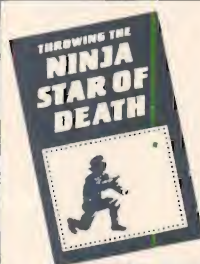
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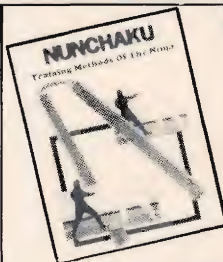
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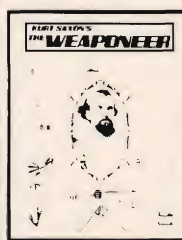
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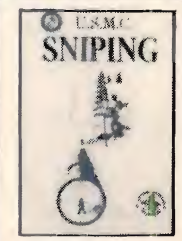
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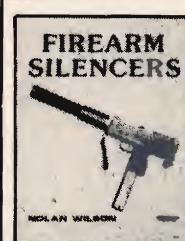
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